

# Sexual Health



# STD video from BeSmartBeWell.com



[https://www.youtube.com/watch?v=\\_U4uOP73VSE](https://www.youtube.com/watch?v=_U4uOP73VSE)

# Human Sexuality



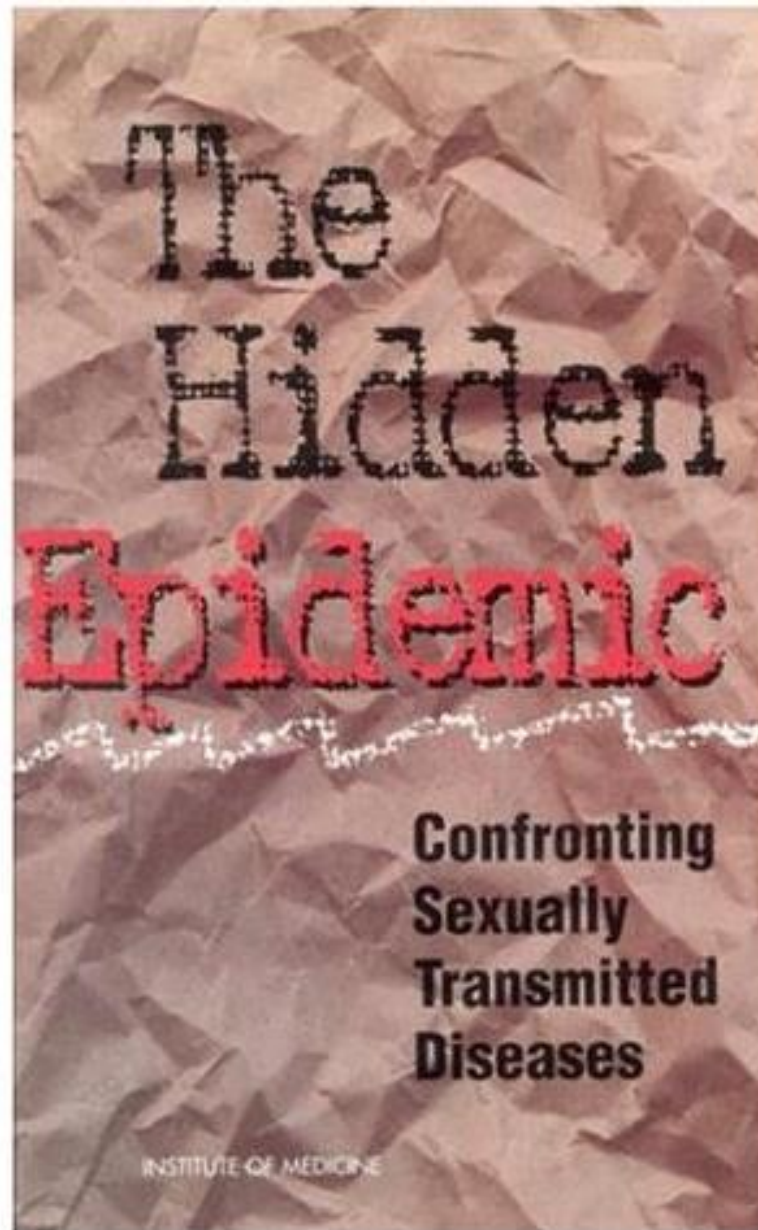
- ◆ Sex is a normal human function that can involve the expression of love and emotional feelings, and provides a means for reproduction
- ◆ People are not always honest about past sexual relationships
- ◆ Abstinence, voluntarily refraining from all sexual acts, will ensure NOT contracting a sexually transmitted disease

# Safer Sex

- ◆ Sexual contact in a mutually monogamous relationship with two uninfected partners is as effective as abstinence
- ◆ Serial monogamy is monogamy with a single partner for as long as the relationship lasts
- ◆ Since serial relationships are of varying duration, risk for an STD can be very high







<b>STD</b>	<b>Incidence</b> (Estimated number of new cases every year)	<b>Prevalence*</b> (Estimated number of people currently infected)
Chlamydia	3 million	2 million
Gonorrhea	650,000	Not Available
Syphilis	70,000	Not Available
Herpes	1 million	45 million
HPV	5.5 million	20 million
Hepatitis B	120,000	417,000
Trichomonas	5 million	Not Available
Bacterial Vaginosis**	Not Available	Not Available
HIV	20,000	560,000
<p>* No recent surveys on national prevalence for gonorrhea, syphilis, trichomonas or bacterial vaginosis have been conducted.</p> <p>** Bacterial vaginosis is a genital infection that is not sexually transmitted but is associated with sexual intercourse.</p> <p>Source: CATES, 1999</p>		

<http://www.cdc.gov/std/Trends2000/magnitude.htm>

[http://journals.lww.com/stdjournal/Fulltext/1999/04001/Estimates\\_of\\_the\\_Incidence\\_and\\_Prevalence\\_of.2.aspx](http://journals.lww.com/stdjournal/Fulltext/1999/04001/Estimates_of_the_Incidence_and_Prevalence_of.2.aspx)

# STD Epidemiology

- ◆ STDs are a tremendous health and economic burden on the people of the United States
- ◆ The annual direct and indirect costs of the major STDs are approximately \$10 billion (\$17 billion if HIV is included)
- ◆ Of the top ten most frequently reported diseases, five are STDs (Chlamydia, Gonorrhea, AIDS, Syphilis, and Hepatitis B virus infection)

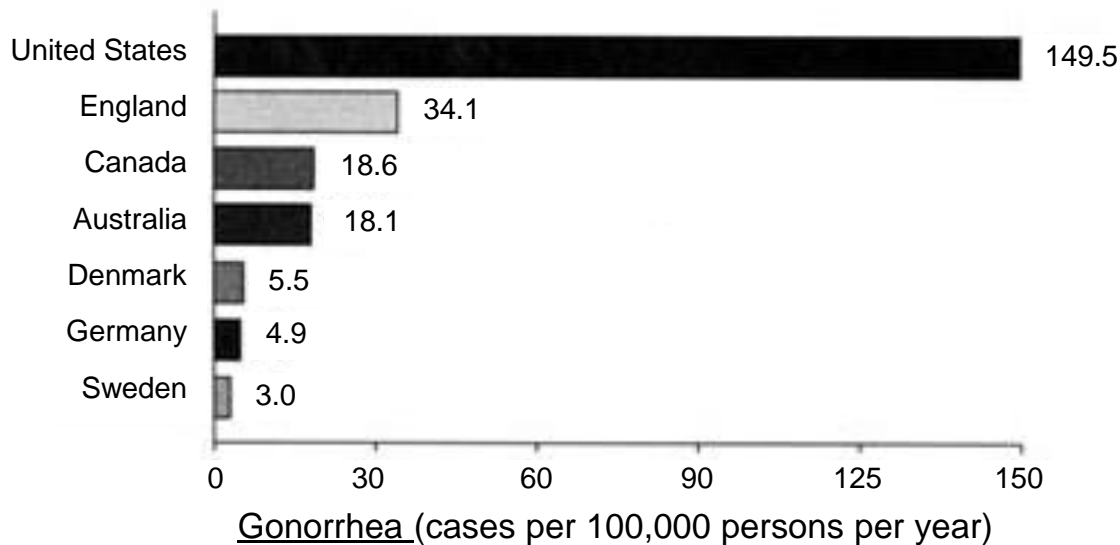
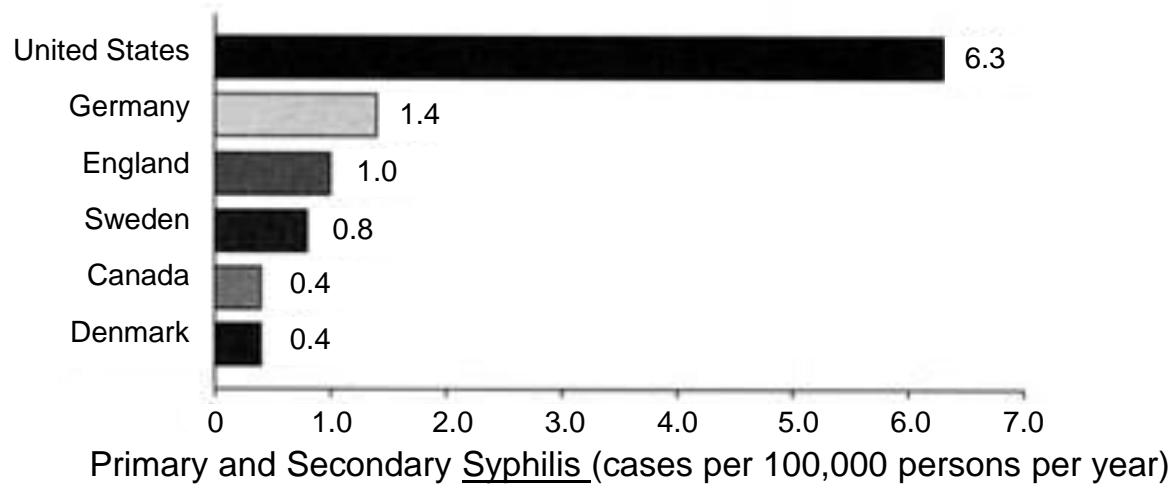
Herpes, HPV, and Trichomonas are not on the CDC list of Nationally Notifiable Infectious Conditions

# Time to Update the Reportable List?

- ◆ Trichomonas is one of the most common STDs, with an estimated 7.2 million men and women newly infected in 2011
- ◆ Some infected women and most infected men show no signs of Trichomonas infection, such as discharge, painful urination, and genital itching
- ◆ Federal agencies should make Trichomonas a reportable condition, as are Chlamydia and Gonorrhea, so that public health officials can screen, track and develop better methods to halt infections



# Reported rates of curable STDs are several times higher in the United States than in other developed countries



# STD Epidemiology

- ◆ Rates of a number of STDs in the US far exceed those of every other developed country
- ◆ The abstinence-only sex education policy in the US may be a factor in our higher STD rates



# STD Epidemiology

- ◆ The term “STD” is not specific for any one disease but denotes the more than 25 infectious organisms that are transmitted through sexual activity and the dozens of clinical syndromes that they cause
- ◆ While the rates of “classical” STDs such as Gonorrhea and Syphilis are slowly declining, rates of other STD’s, such as Chlamydia and HPV are increasing

# STD Epidemiology

- ◆ Bacterial STDs have effective drug treatments:
  - Chlamydia
  - Trichomonas
  - Gonorrhea
  - Syphilis
- ◆ The drug treatments for viral STDs are generally palliative, not curative:
  - HPV
  - Herpes
  - Hepatitis B
  - HIV



# Knowledge about STD's among Americans

- ◆ 12% – Unable to name any STDs
- ◆ 17% – Believe all STDs are curable
- ◆ 56% – Unaware that STDs increase risk of HIV infection

The lack of accurate information about the risks and consequences of STDs may actually encourage people to engage in behavior that increases their chances of becoming infected.

# STD Epidemiology

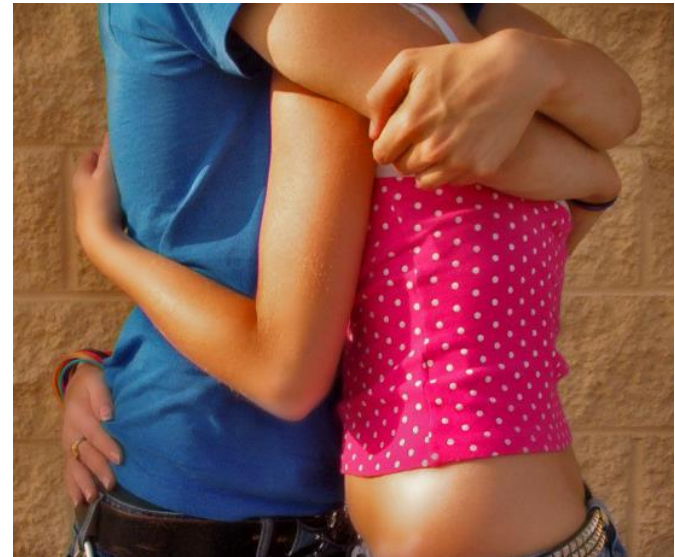
- ◆ More than 19 million people contract an STD every year
- ◆ These numbers are probably low because large numbers of STD may be asymptomatic and go unreported
- ◆ 25% of all new cases occur among teenagers
- ◆ Two-thirds of STD cases occur in people under age 25





# 1 in 4 Teen Girls Has an STD

HPV	18.3%
Chlamydia	3.9%
Trichomonas	2.5%
Herpes type 2	1.9%
Gonorrhea	1.3%
Any STD	24.1%



*“The prevalence of STIs among female adolescents is substantial, and STIs begin to be acquired soon after sexual initiation and with few sex partners”*

# STD Epidemiology

- ◆ STDs can cause long-term health consequences that are often irreversible
- ◆ Women are particularly vulnerable to STDs because they are more biologically susceptible to certain sexually transmitted infections than men and because they are more likely to have asymptomatic infections that result in delayed diagnosis and treatment



# Safer Sex

- ◆ There is no such thing as safe sex with multiple partners
- ◆ With precautions, people having sex with multiple partners can reduce their risk of contracting an STD
- ◆ Anyone who is sexually active with multiple partners should be checked for STDs every 3 to 6 months



The ACP recommends **against** performing screening pelvic examination in asymptomatic, nonpregnant, adult women.

Screening for sexually transmitted disease can be performed with urine testing or vaginal swabs and **does not require a pelvic examination.**

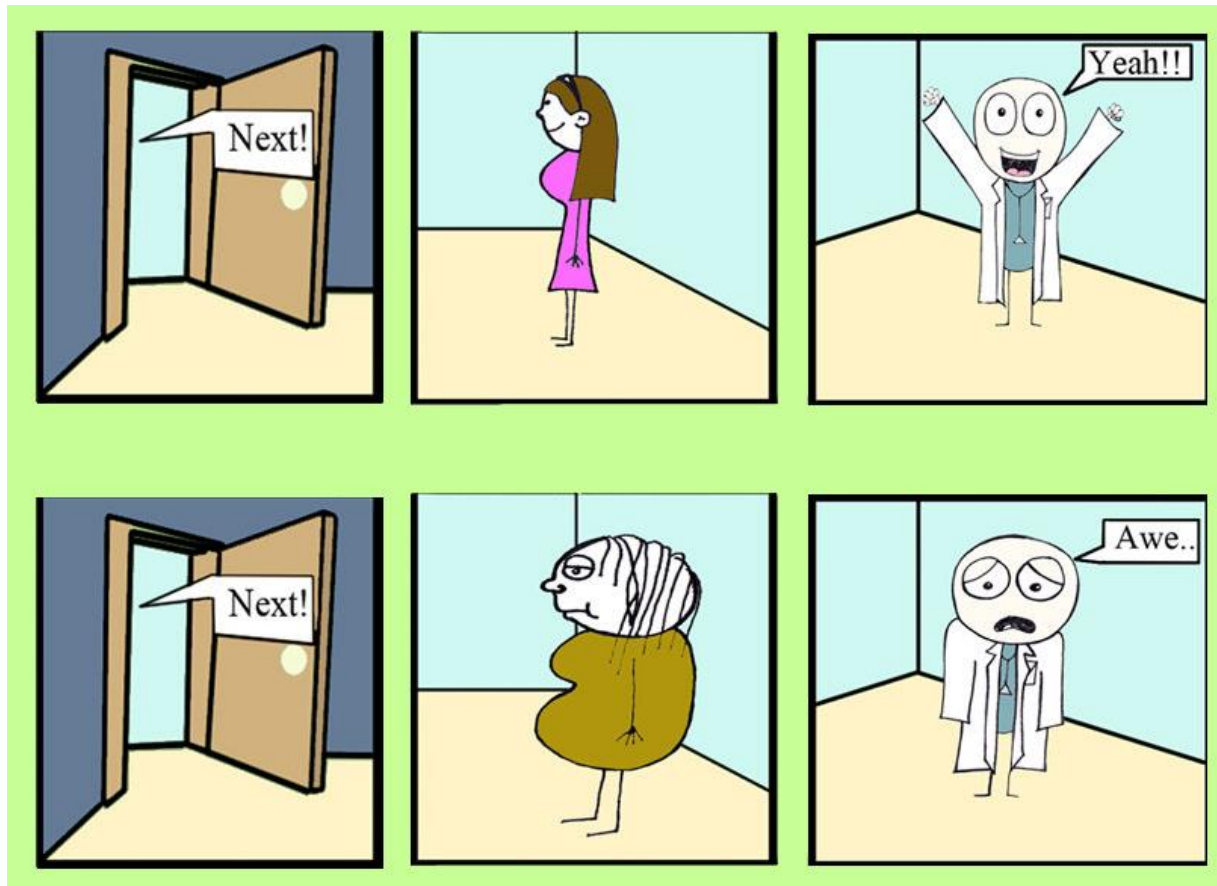
Clinicians do **not** need to perform pelvic examination before prescribing oral contraceptives.

Despite evidence that unnecessary exams can lead to harm, the American College of Obstetricians and Gynecologists (ACOG) still recommends yearly breast and pelvic exams.

# Clinical Practice Guidelines from the American College of Physicians



The American College of Physicians (ACP) found no evidence that routine pelvic examination in asymptomatic, nonpregnant, adult women provides any benefit. With the current evidence, we conclude that performing pelvic examination exposes women to unnecessary and avoidable harms with no benefit.



**WARNING:** After reading these two articles, women may decide that they will never again consent to be examined by a male gynecologist.



# Human Immunodeficiency Virus

- ◆ HIV (human immunodeficiency virus) leads to AIDS (acquired immunodeficiency syndrome)
- ◆ HIV can be transmitted by people with the virus who have no observable symptoms
- ◆ Why some people develop AIDS more rapidly than others is unknown
- ◆ One in five (21%) living with HIV is unaware of their infection
- ◆ Once you have the virus you are capable of transmitting it to others for the rest of your life



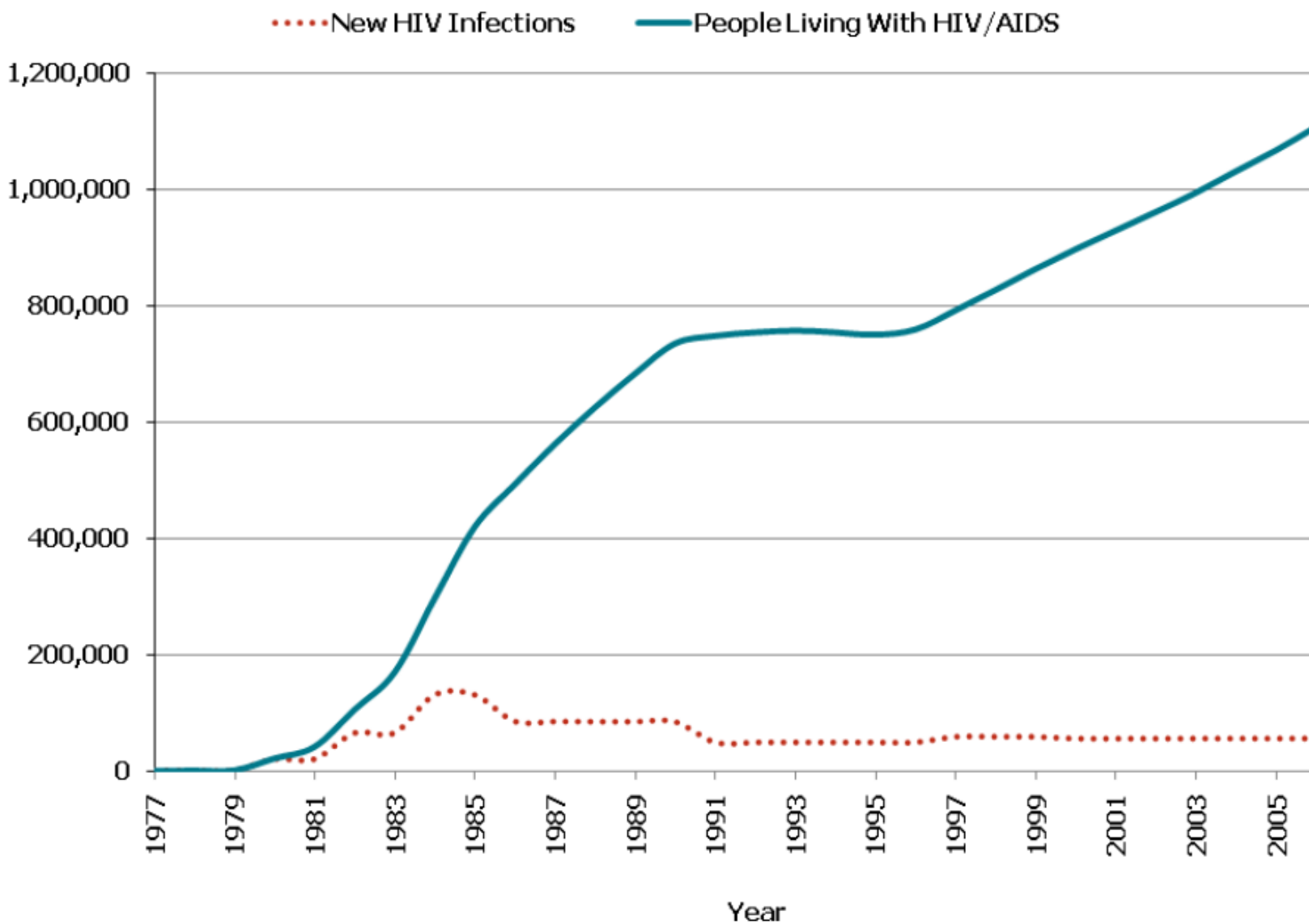
# HIV and AIDS

- ◆ HIV is extremely fragile and does not survive in air
- ◆ In the 25–44 year old age group, AIDS is the leading cause of death for men and the fourth leading cause of death for women
- ◆ Through 2007, more than 576,000 people with AIDS in the United States have died since the epidemic began
- ◆ More than 80,000 American children will have lost their mothers to AIDS by the year 2000

**World AIDS Day**  
December 1

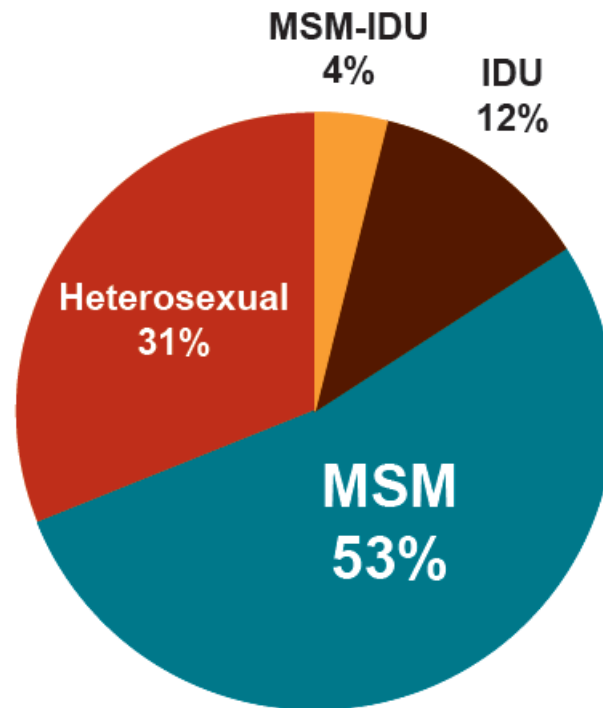


## HIV Incidence and Prevalence, United States, 1977-2006



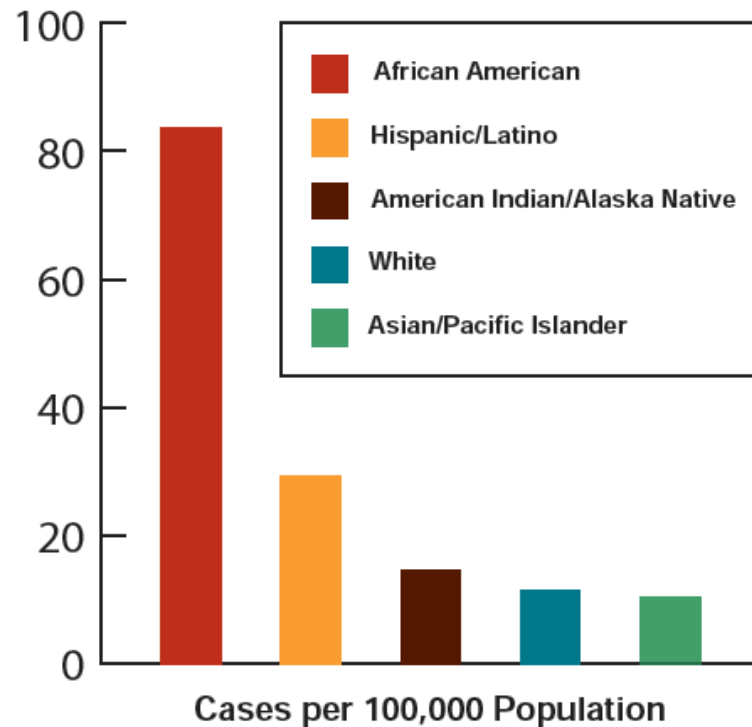
Source: <http://www.cdc.gov/hiv/resources/factsheets/PDF/us.pdf>

## Estimated number of New HIV Infections in the United States, By Transmission Category, 2006



The term “men who have sex with men” (MSM) is used in CDC surveillance systems. It indicates the behaviors that transmit HIV infection, rather than how individuals self-identify in terms of their sexuality.

## Estimates Rates of New HIV Infections, By Race/Ethnicity, 2006



While blacks represent approximately 12% of the U.S. population, they account for almost half (46%) of people living with HIV in the United States, as well as nearly half (45%) of new infections each year.

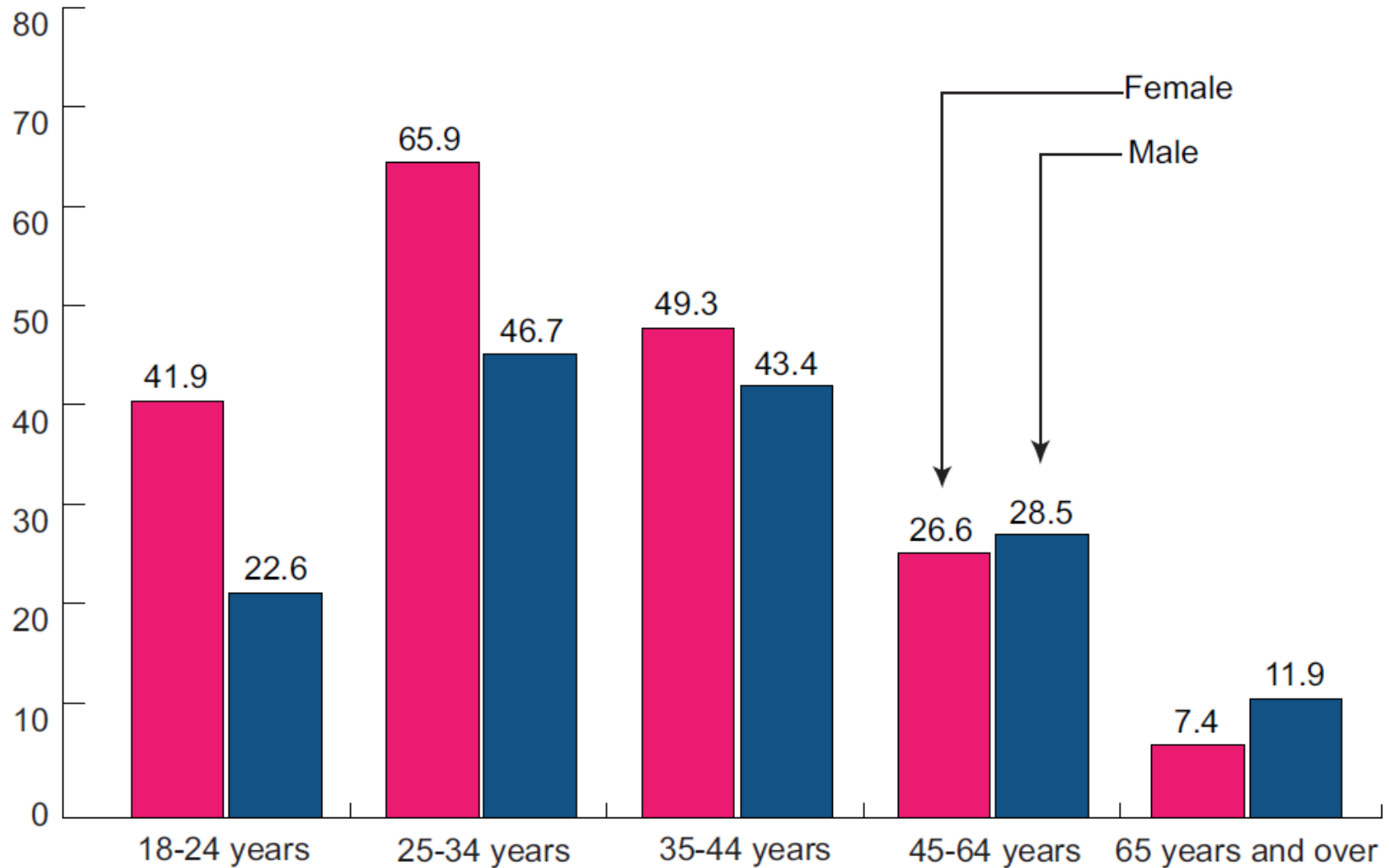
# HIV and AIDS

- ◆ There is no documented case of HIV being spread through casual contact
- ◆ The cost to treat one AIDS patient is about \$119,000
- ◆ Home tests are available for HIV; positive home tests should be followed up by the ELISA or Western blot technique

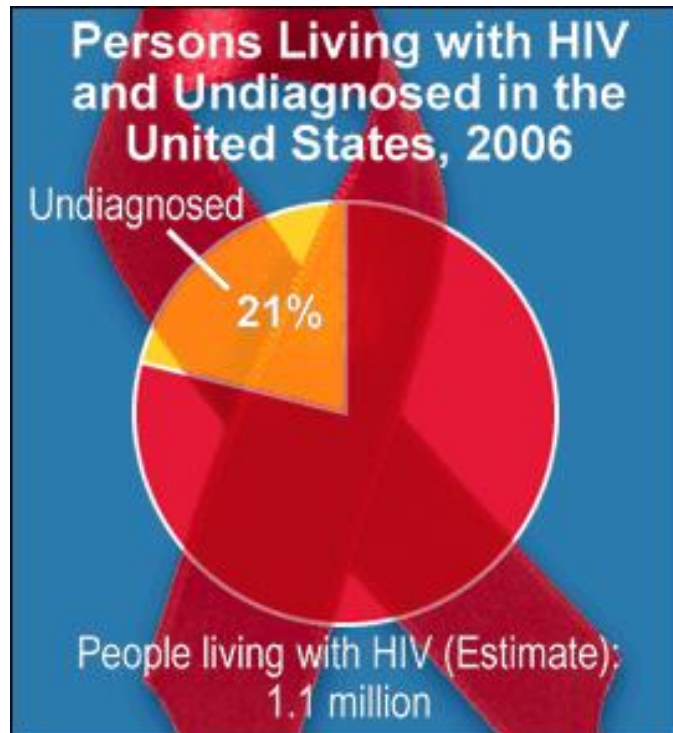




# Adults who have been tested for HIV

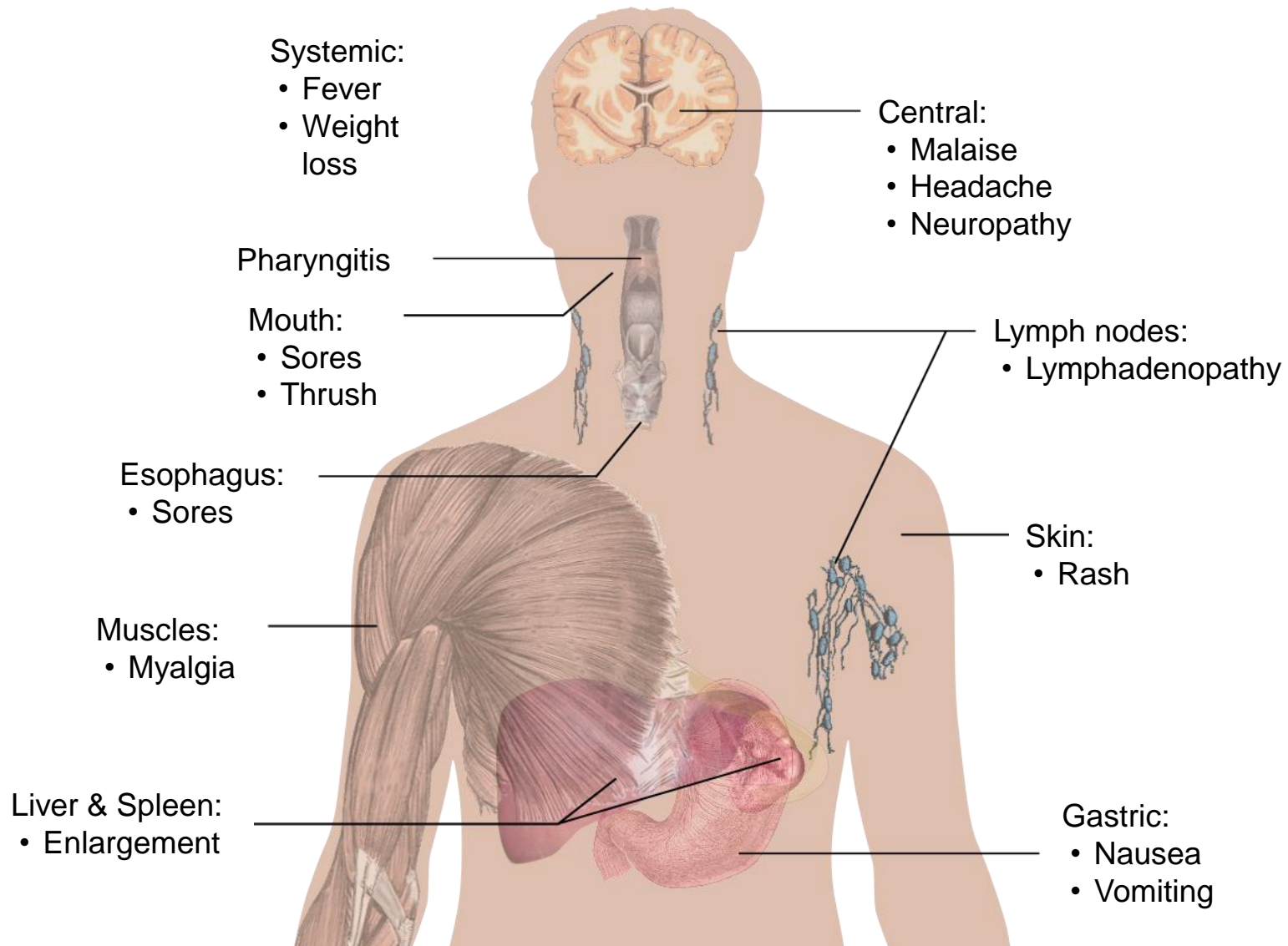


# Asymptomatic HIV Infection



- ◆ Approximately 30% of individuals with acute HIV infection are asymptomatic but are highly infectious

# Symptoms of HIV Infection



Are you having unprotected sex?  
You've got to ask yourself one question:

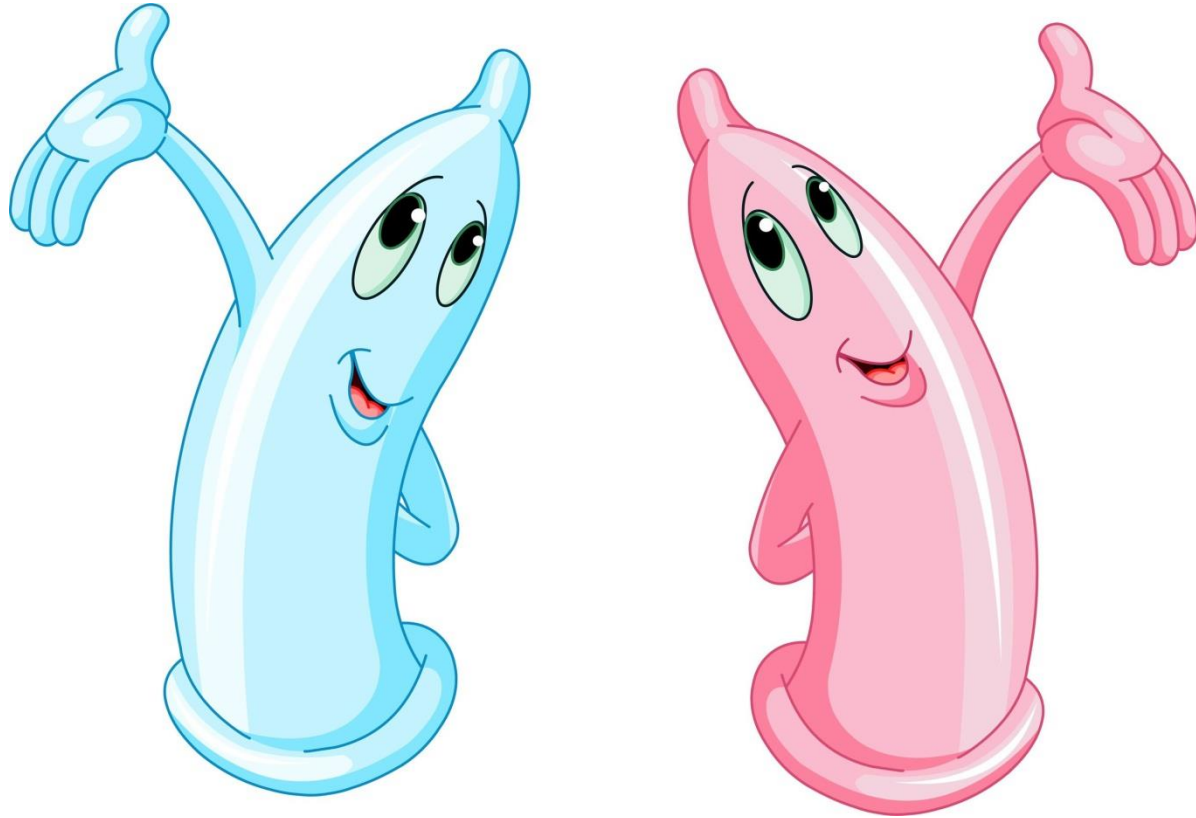


Do you feel lucky? Well, do ya?

# Protect Yourself, Protect Your Partner



No Glove, No Love!

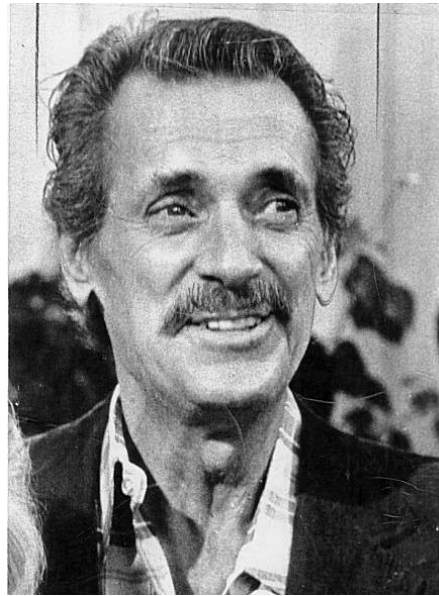
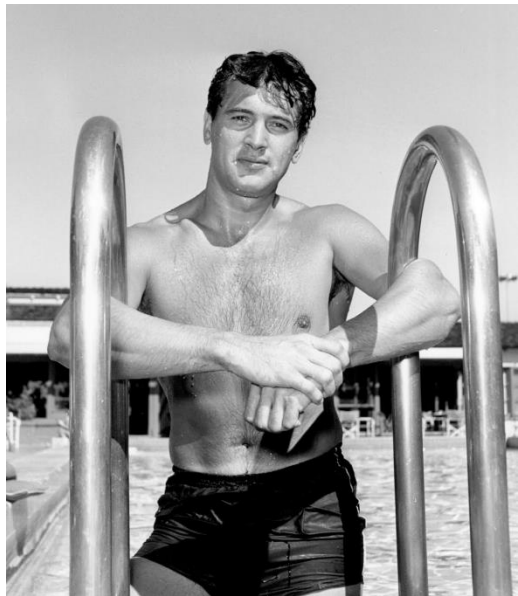


Don't be silly, wrap your willy!



# Viral Diseases

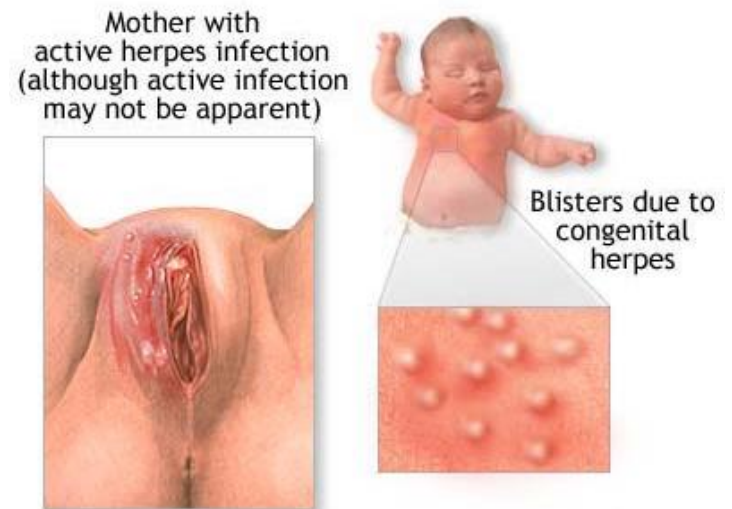
- ◆ Early diagnosis and aggressive treatment with AZT and protease inhibitor drugs have dramatically improved survival rates
- ◆ However, there is no cure for HIV and AIDS



Hollywood actor  
Rock Hudson,  
before and after  
contracting HIV

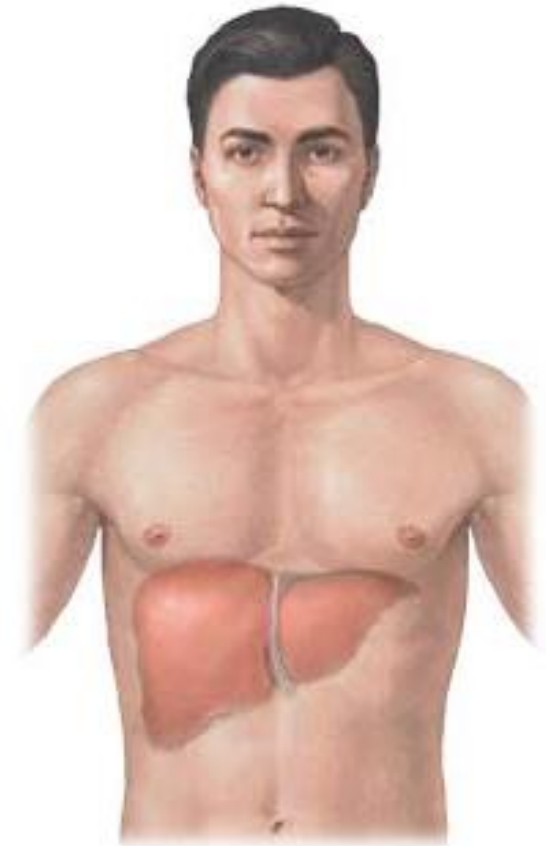
# Viral Diseases

- ◆ Herpes simplex virus-2 (HSV-2) is a sexually transmitted disease characterized by painful blisters on and around the genital area
- ◆ The herpes virus remains dormant in the body, and breakouts can recur at any time
- ◆ Herpes can be transmitted to newborns during the birth process



# Viral Diseases

- ◆ Hepatitis is a serious liver infection
- ◆ Of the five distinct types of hepatitis, hepatitis B (HBV) is considered the most serious, causing cirrhosis and liver cancer
- ◆ While HBV, also called 'serum hepatitis', can be spread by contaminated IV drug or tattoo needles, increasingly it is contracted by sexual contact



# Viral Diseases

- ◆ Condyloma (genital warts) is caused by the human papilloma virus (HPV)
- ◆ An estimated 1 in 10 Americans carry the virus
- ◆ The Gardasil vaccine is designed to protect against 4 types of HPV
- ◆ Of the 56 different varieties of HPV, some are closely linked to cervical cancer and cancers of the rectum, vulva, skin, and penis



# Mandatory Vaccination Policies

On February 2, 2007, Texas became the first state to enact a mandate, by executive order from the governor, that all females entering the sixth grade receive the vaccine, with some exceptions. Legislators in Texas passed H.B. 1098 to override the executive order and the governor withheld his veto.



# Gardasil Vaccine Developer Speaks Out

- ◆ About 8 in 10 women who have been sexually active will have HPV at some stage of their life. Normally there are no symptoms, and in 98% of cases it clears itself.
- ◆ Cervical cancer risk in the U.S. is extremely low, and vaccinations are unlikely to have any effect upon the rate of cervical cancer.
- ◆ 15,037 girls have reported adverse side effects, such as paralysis, lupus, seizures, blood clots, and brain inflammation, and 44 girls have died from the Gardasil vaccine.

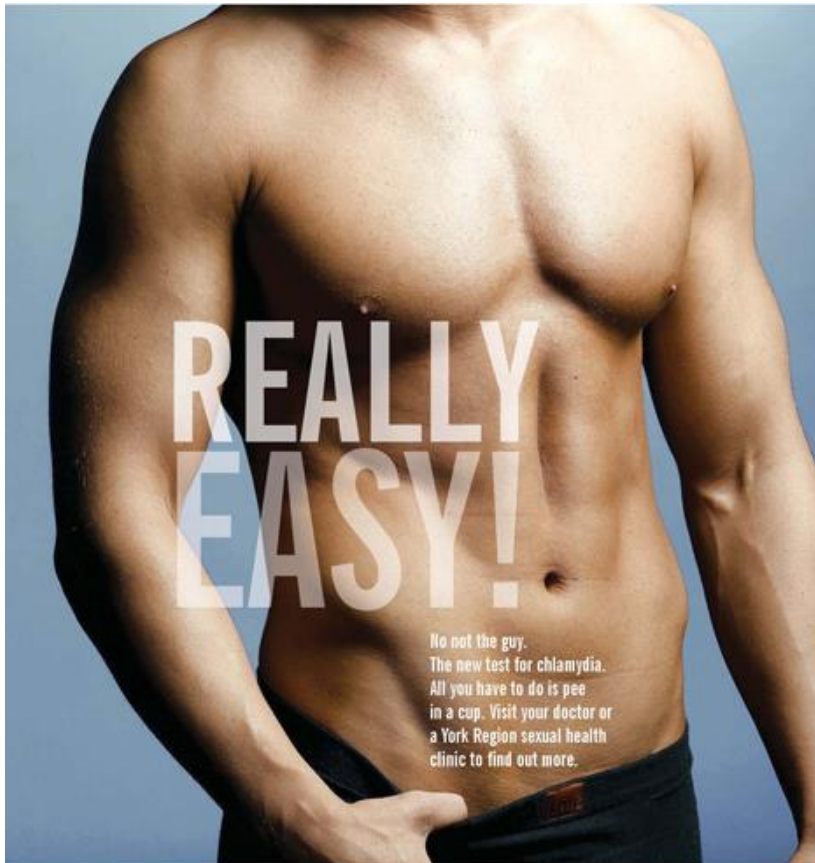
# Bacterial Diseases

- ◆ Females frequently do not experience symptoms of bacterial STDs and often go undiagnosed
- ◆ Chlamydia is the most commonly reported STD, with an estimated 3 million new cases each year
- ◆ Untreated, chlamydia can be passed to babies during birth, cause pelvic inflammatory disease (PID) or arthritis, and damage the heart muscle and valves

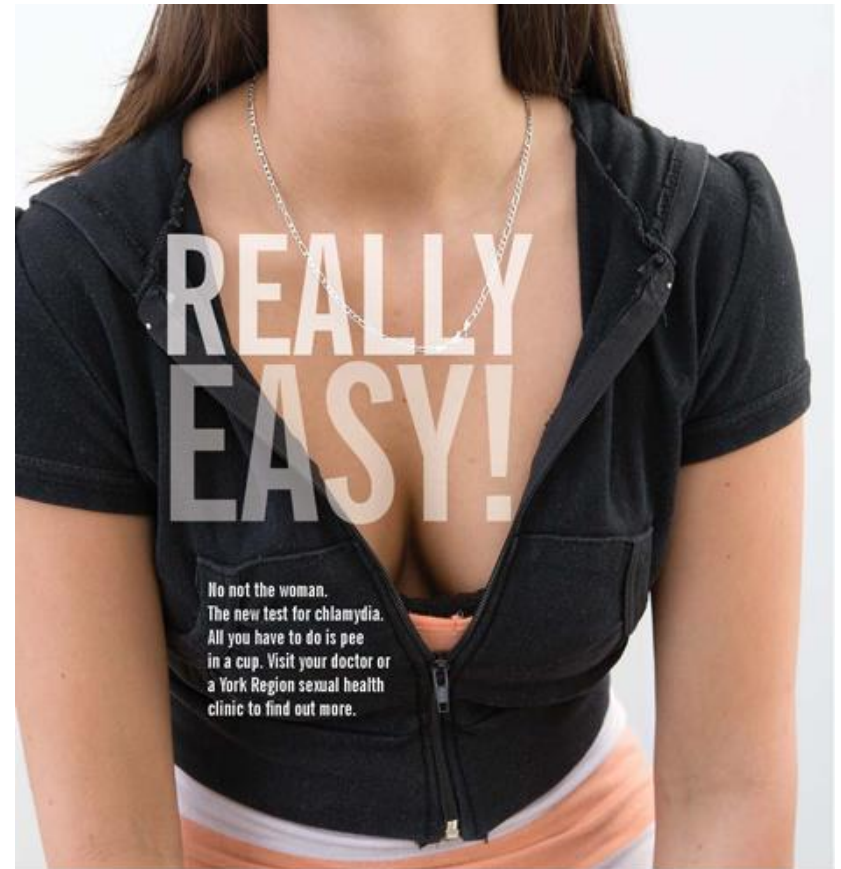




# Up to 40% of men and 85% of women who are infected with Chlamydia don't know it



Up to to 70% of women who get chlamydia don't have any symptoms. They can be infected without knowing it. If chlamydia is left untreated, it can cause long term health problems. It's easy to get tested, and if needed, to get treated.



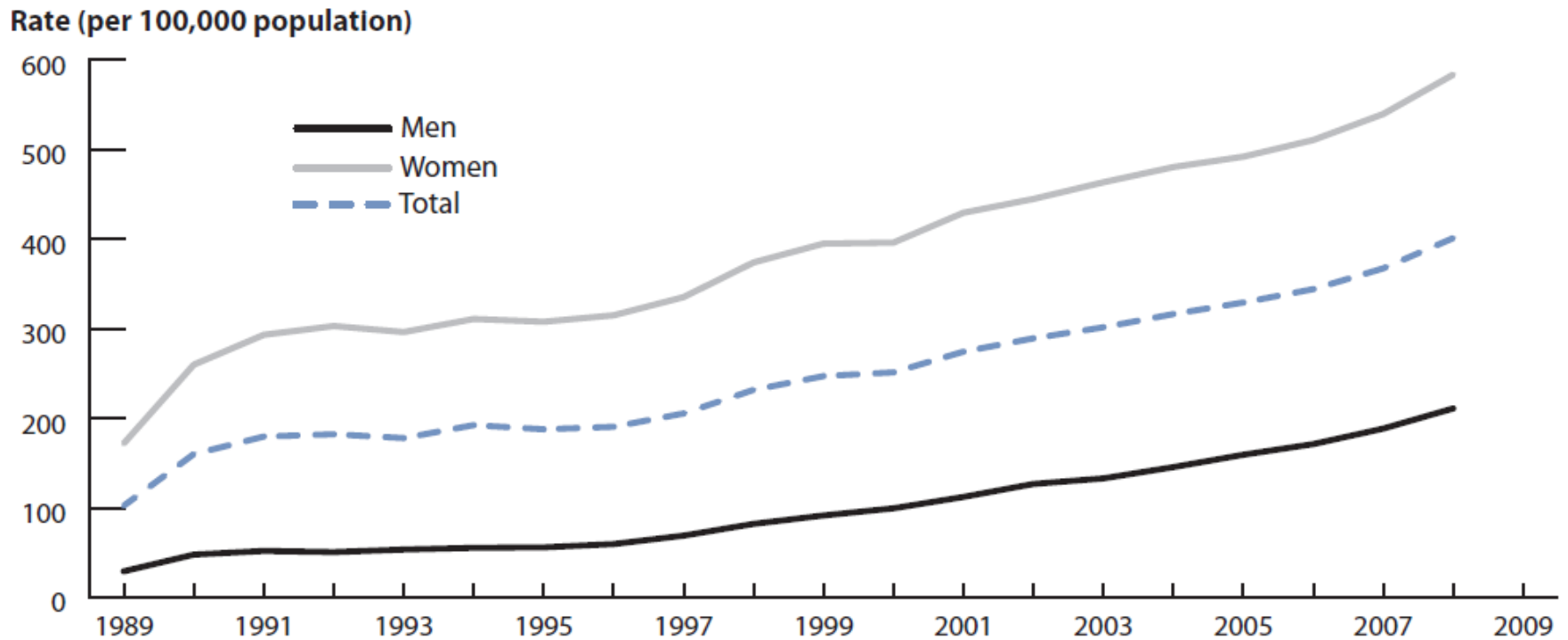
Up to to 25% of men who get chlamydia don't have any symptoms. They can be infected without knowing it. If chlamydia is left untreated, it can cause long term health problems. It's easy to get tested, and if needed, to get treated.





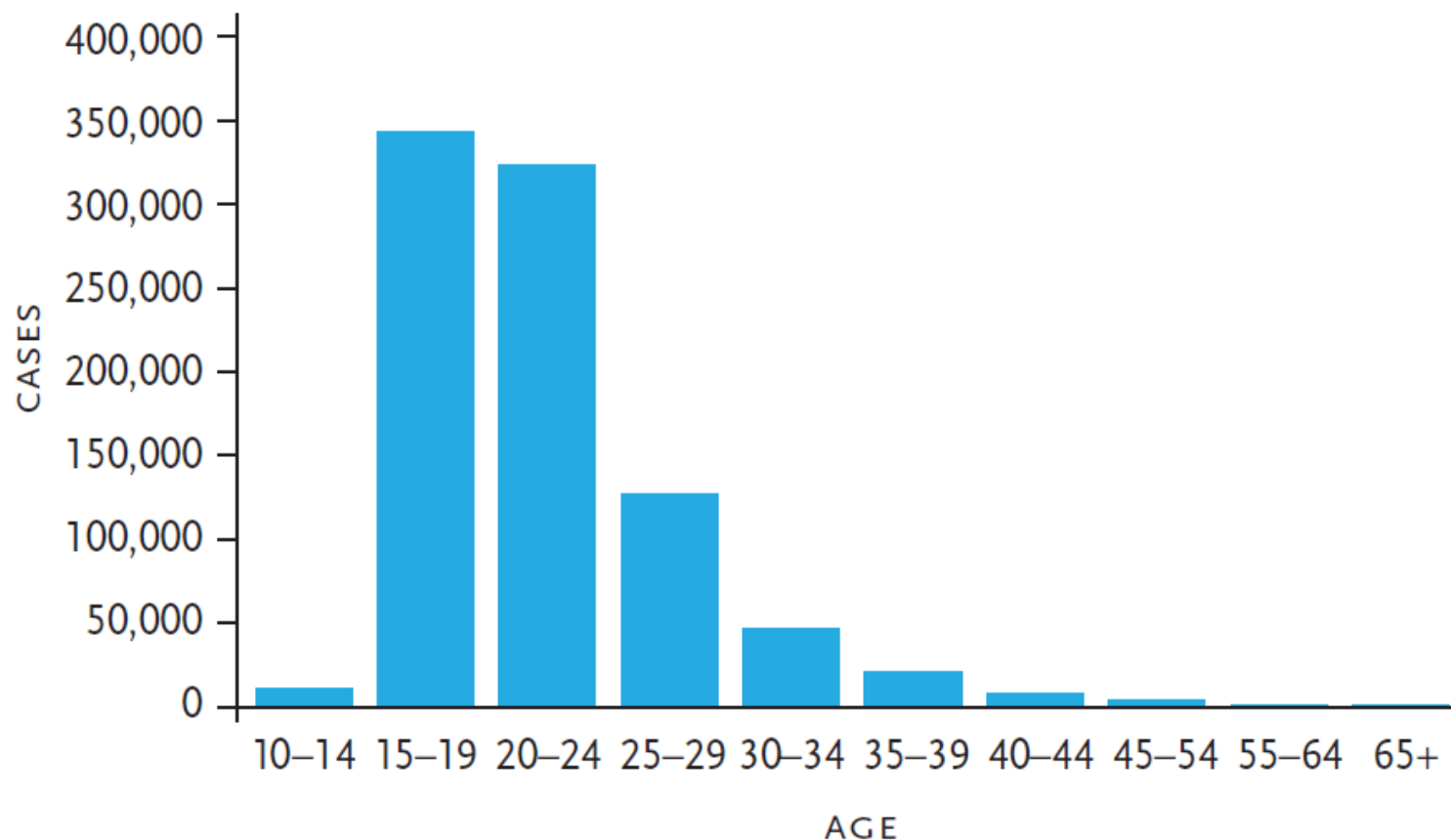
# Chlamydia Rates

Figure 1. Chlamydia—Rates: Total and by sex: United States, 1989–2008



# Chlamydia by Age

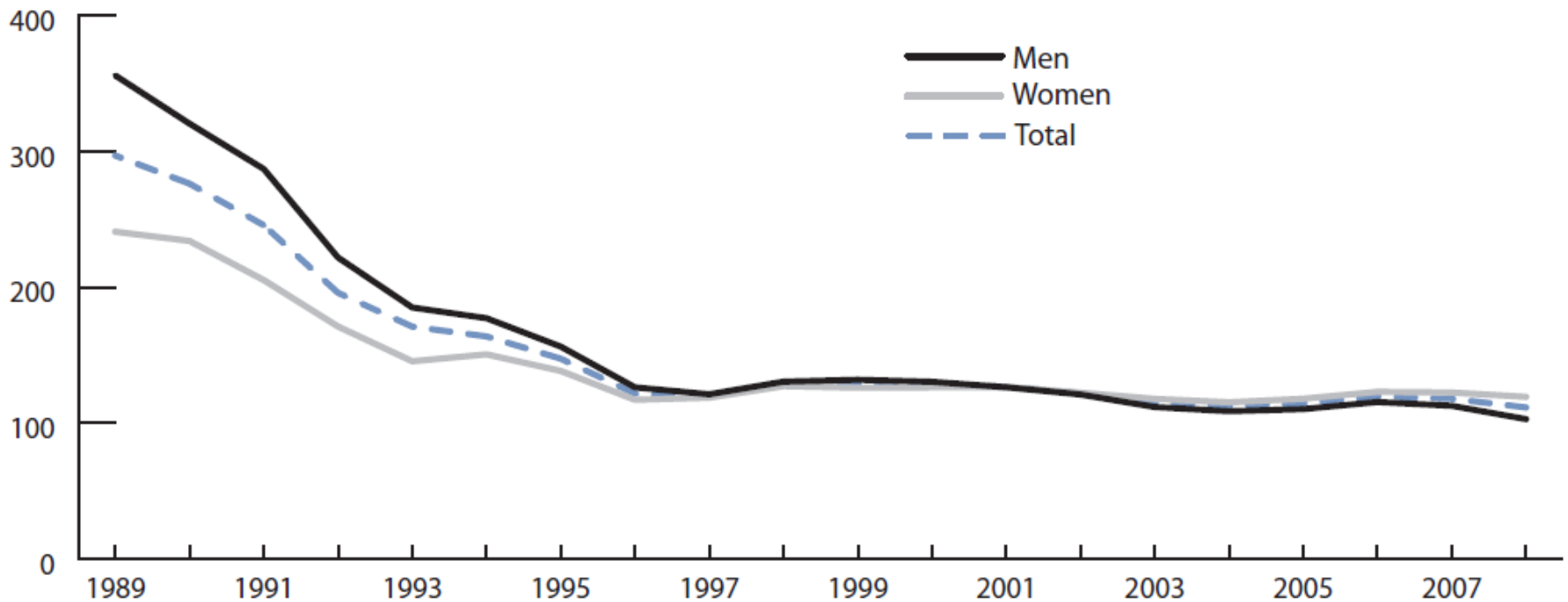
## Chlamydia—Reported Cases in Females, 2008, by Age



# Gonorrhea Rates

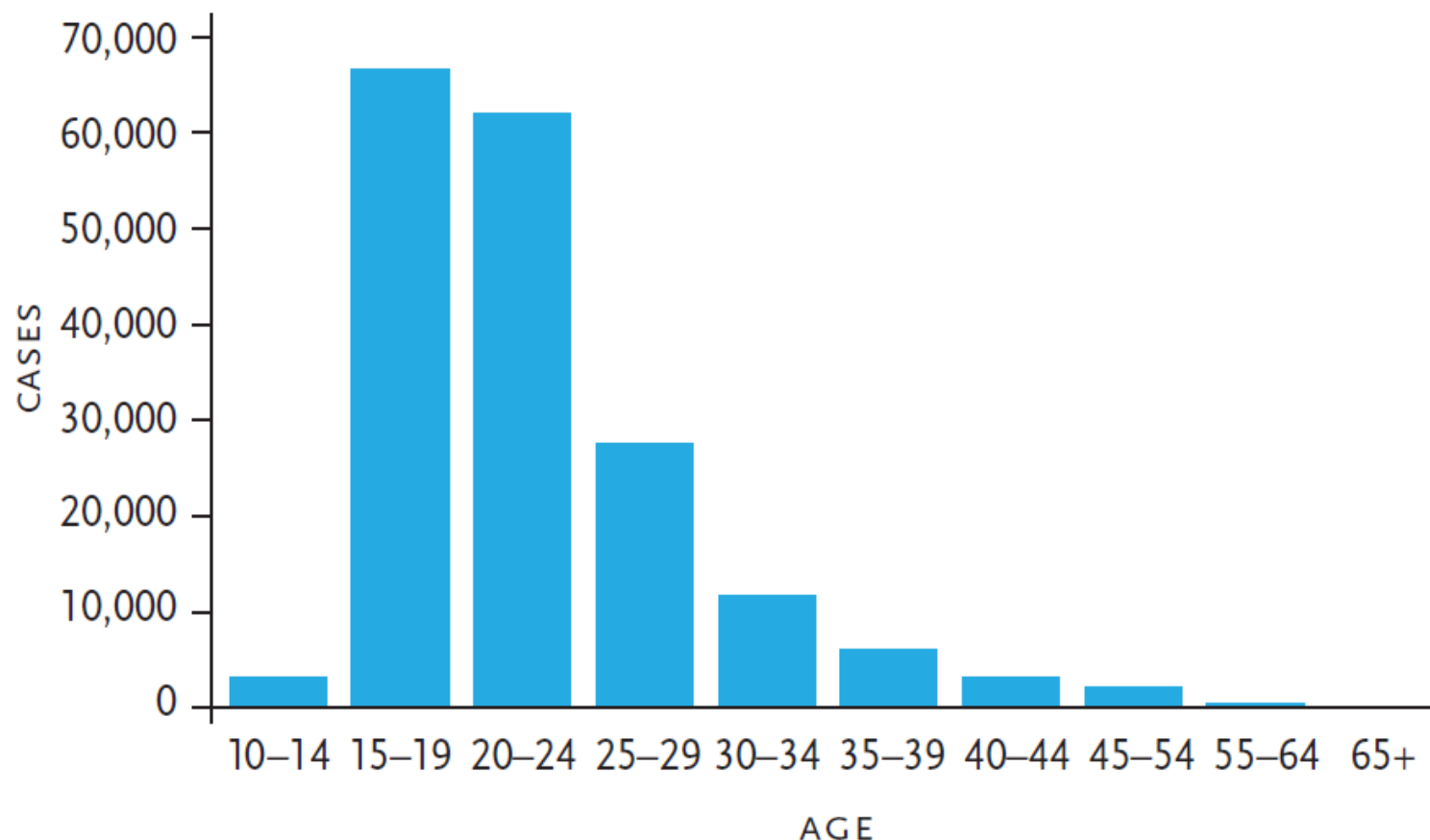
**Figure 14. Gonorrhea—Rates: Total and by sex: United States, 1989–2008**

Rate (per 100,000 population)



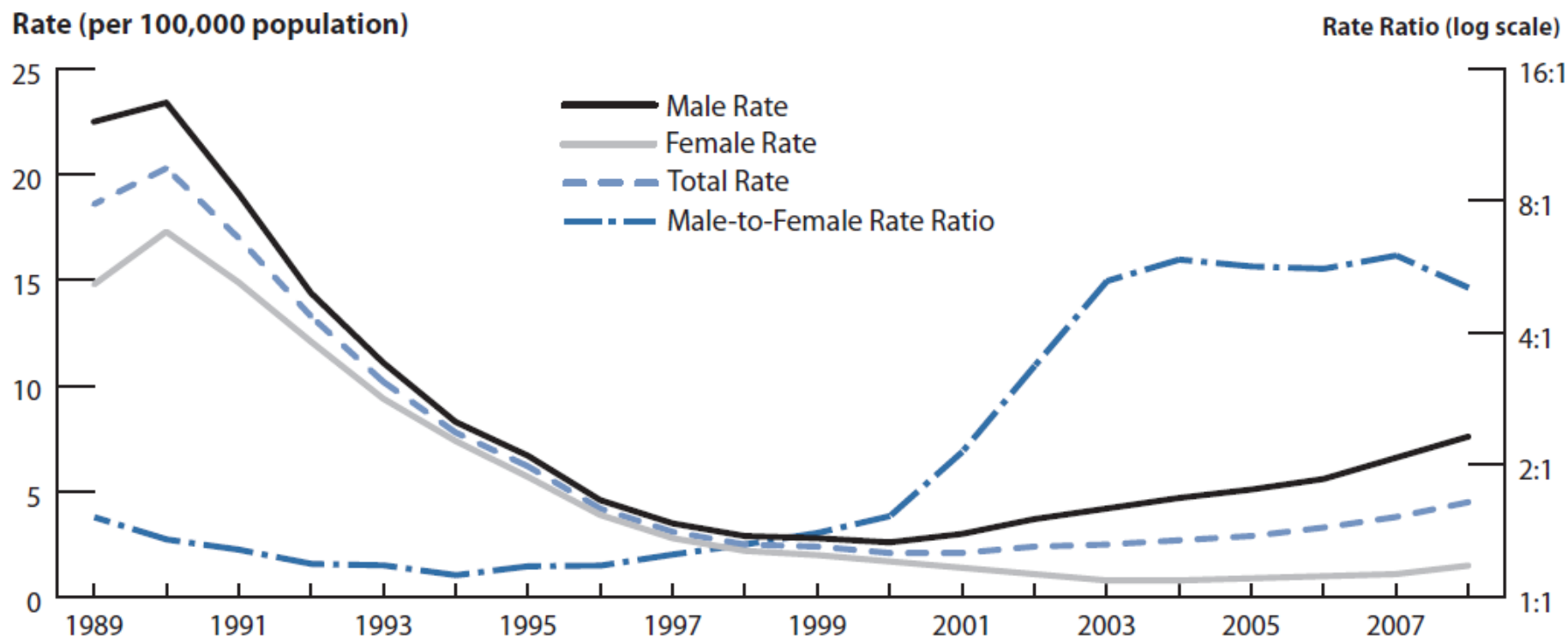
# Gonorrhea by Age

## Gonorrhea—Reported Cases in Females, 2008, by Age



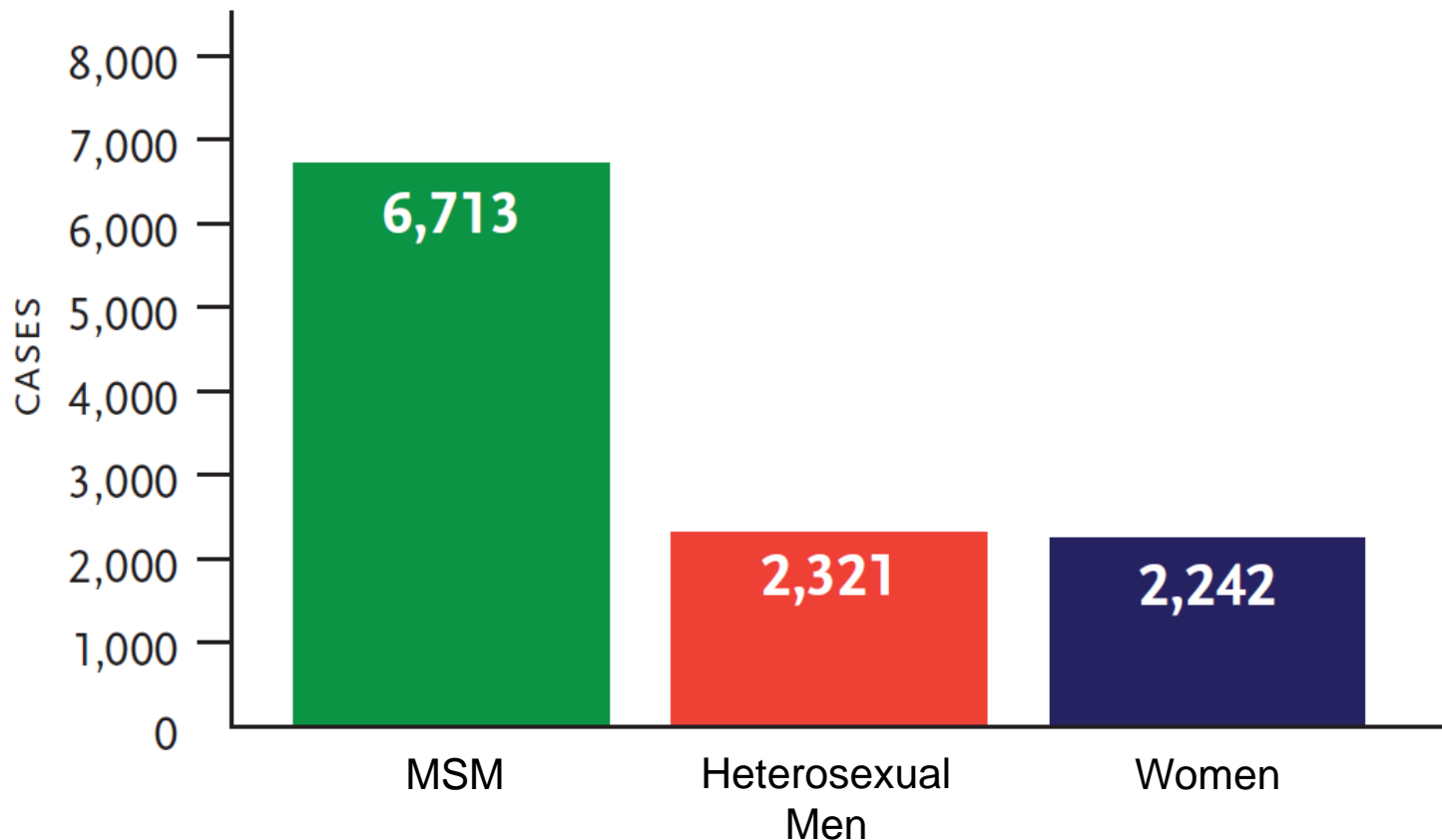
# Syphilis Rates

**Figure 31. Primary and secondary syphilis—Rates: Total and by sex and male-to-female rate ratios: United States, 1989–2008**



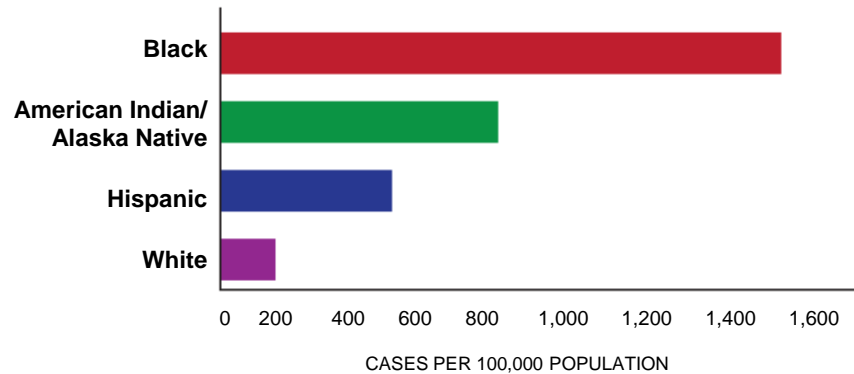
# Syphilis by Sexual Orientation

**Primary and Secondary Syphilis—Reported Cases, 2008, by Sexual Orientation**

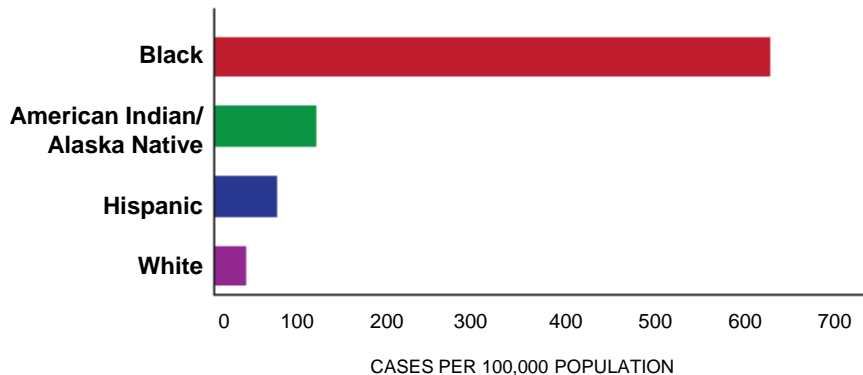


# Racial disparities across all reportable STDs

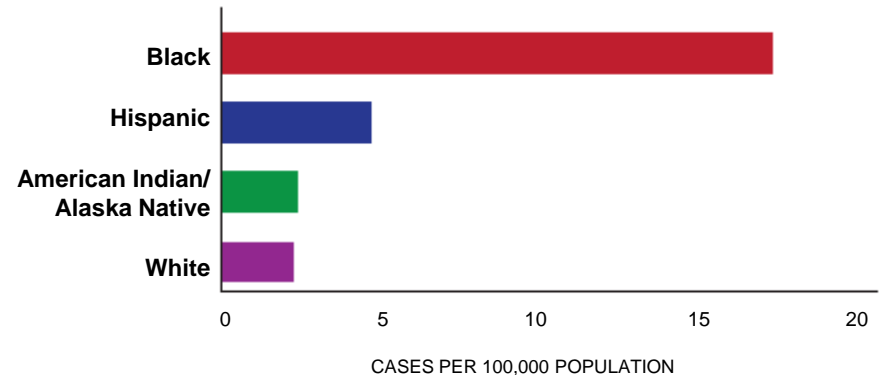
Rates of Reported Cases of Chlamydia, 2008, by Race/Ethnicity



Rates of Reported Cases of Gonorrhea, 2008, by Race/Ethnicity



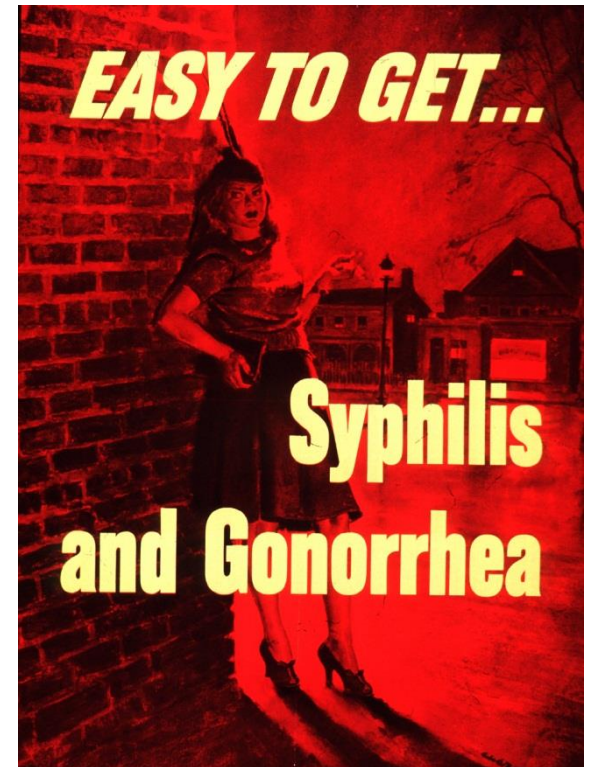
Rates of Reported Cases of Syphilis, 2008, by Race/Ethnicity





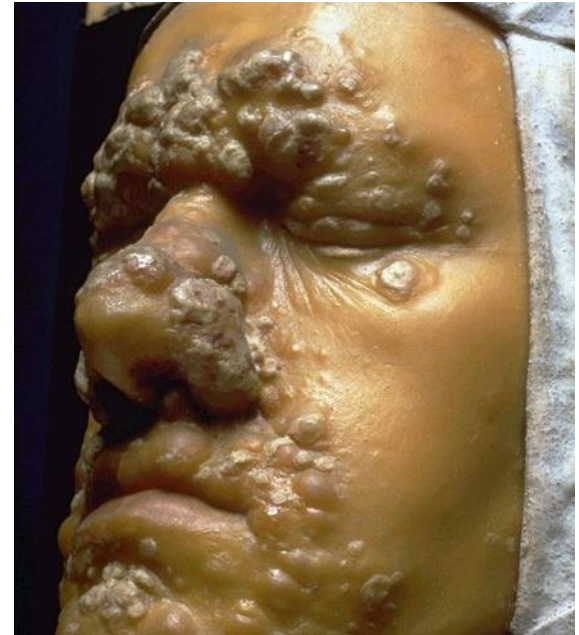
# Bacterial Diseases

- ◆ Gonorrhea, the second most common reported STD, can cause the same problems as Chlamydia, as well as liver, brain, and spinal cord problems
- ◆ Syphilis has the ability to mimic other diseases and is referred to as “the great imitator”
- ◆ Primary syphilis is characterized by a chancre at the site of entry of the bacteria into the body



# Syphilis

- ◆ Secondary syphilis may cause flu-like symptoms, headaches, swollen glands, low-grade fever, skin rash, white patches in the mouth and throat, hair loss, arthritis, and large sores around the mouth and genitals
- ◆ Syphilis is only contagious in the first two stages
- ◆ Latent syphilis has few or no symptoms
- ◆ Tertiary syphilis (15–20 years later) usually leads to death



# 3 million teens acquire an STD every year

- ◆ Adolescents are at greater risk of STDs than adults for several reasons:
  - ◆ They are more likely to have multiple sex partners
  - ◆ To have high-risk partners
  - ◆ To engage in unprotected intercourse
  - ◆ Adolescent females are biologically more susceptible to cervical infections than are older women

# CDC Youth Risk Behavior Surveillance System

- ◆ Currently 46% of all high school students report they have had sexual intercourse
- ◆ Nationwide, 5.9% of high school students have had sexual intercourse for the first time before age 13
- ◆ Nationwide, 13.8% of high school students have had sexual intercourse with four or more persons during their life
- ◆ Nationwide, 34.2% of students have had sexual intercourse with at least one person during the 3 months before the survey

# CDC Youth Risk Behavior Surveillance System

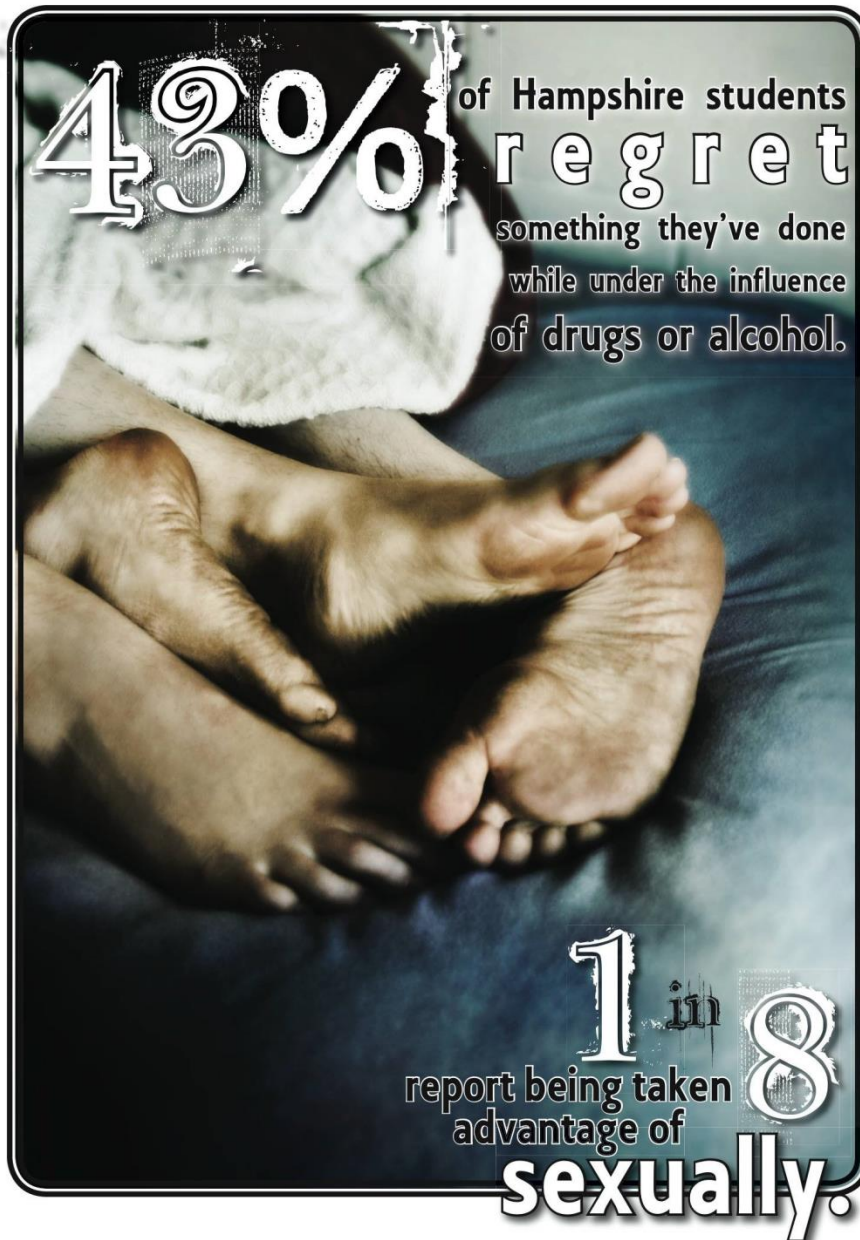
Among the 34.2% of currently sexually active students nationwide:

- ◆ 61.1% reported that either they or their partner had used a condom during last sexual intercourse
- ◆ 19.8% reported that either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse
- ◆ 21.6% had drunk alcohol or used drugs before last sexual intercourse

# Co-Occurrence of Risk Behaviors

% of males engaging in unprotected sex and	%
... Regular tobacco use	26%
... Regular alcohol use	30%
... Regular binge drinking	26%
... Recent marijuana use	34%
... Recent use of illicit drugs	15%
... Physical fighting	57%
... Carrying weapon at school	16%
... Suicidal thoughts	17%
... Non-fatal suicide attempt	5%

Sexual risk taking needs to be addressed  
in context of other health risk behaviors



43% of Hampshire students  
regret  
something they've done  
while under the influence  
of drugs or alcohol.

1 in 8  
report being taken  
advantage of  
**sexually.**

**Be safe. Drink responsibly.**



# Responsible Parenthood

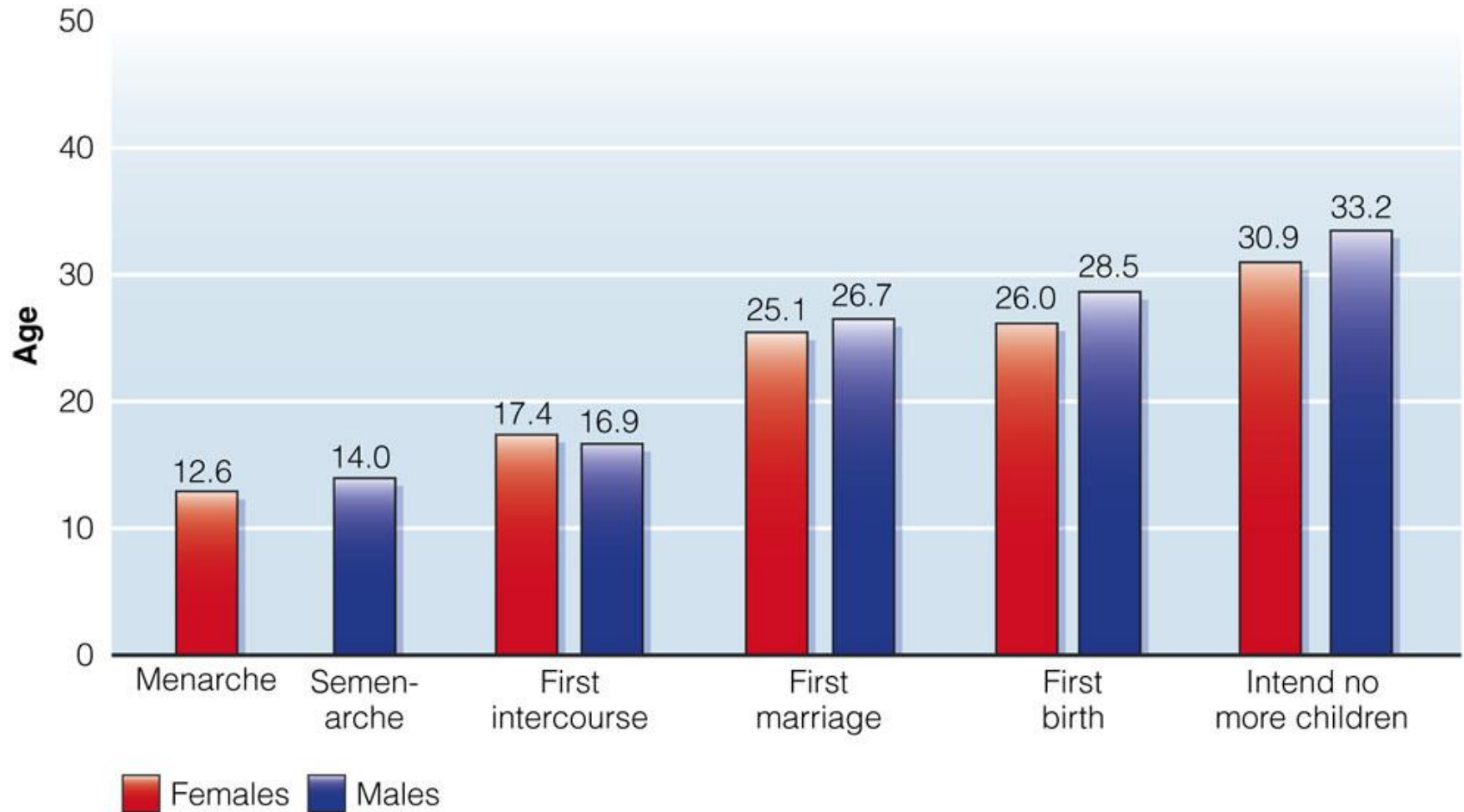


<http://www.youtube.com/watch?v=bUL0sEr1Yfo&hd=1>

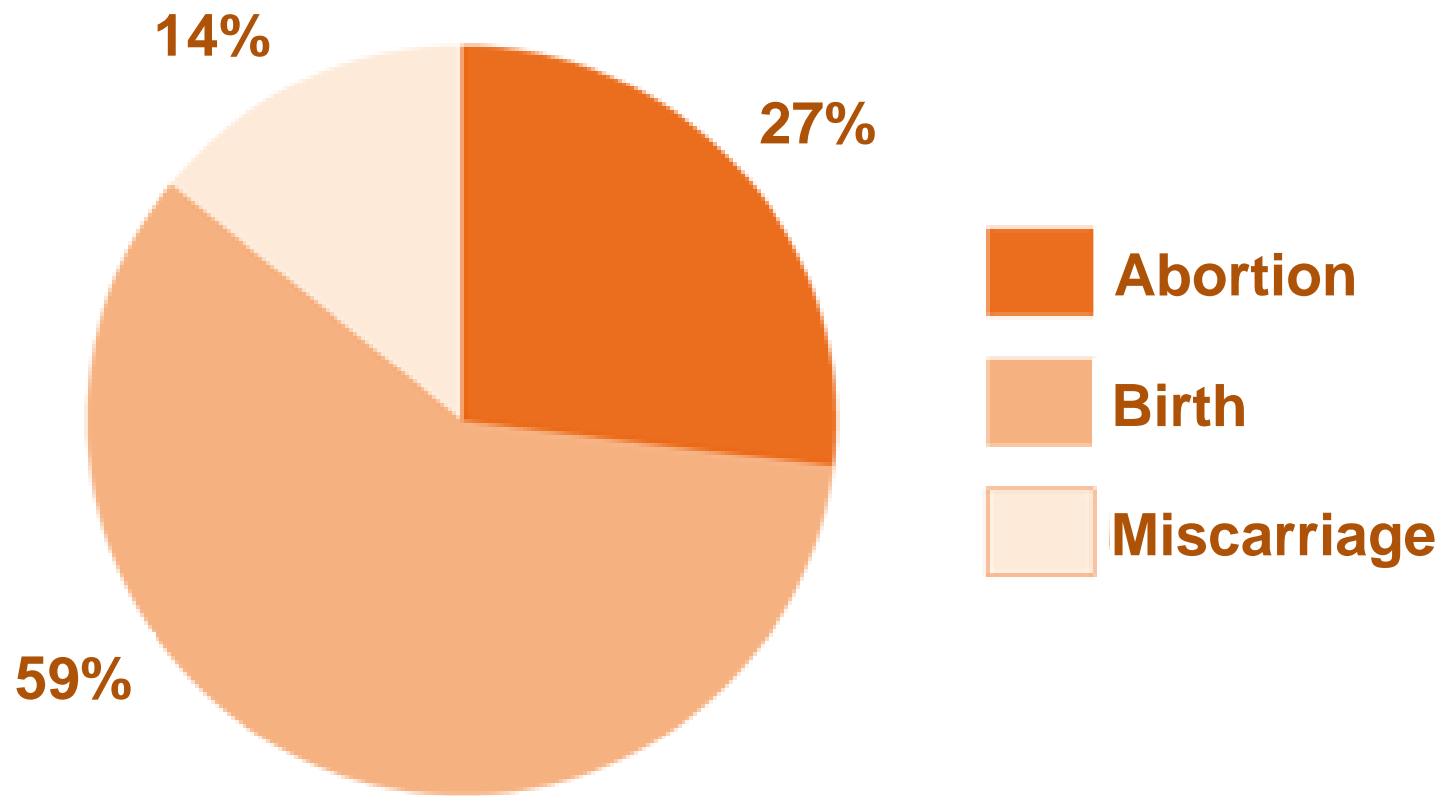
<http://www.youtube.com/watch?v=awm8jFpkl3o&hd=1>



# Sexual and Reproductive Timeline



# Nearly one-third of all teen pregnancies end in abortion



# Adolescence: Contraception and Pregnancy

- ◆ Teens don't consistently use contraception
- ◆ The U.S. has the highest pregnancy, childbearing, and abortion rates of all developed countries
- ◆ Factors in adolescent contraceptive use: good relationship with mom
- ◆ Poor use factors: early intercourse, under 17, unstable relationship
- ◆ Teen pregnancy rates have decreased recently, due to increased contraceptive use; 75%+ are not planned

# Adolescence: Contraception and Pregnancy

- ◆ Many problems for teenage mothers:
  - lower birth weight babies
  - difficult labors
  - drop out of school
  - poorer health, welfare
  - children have poorer health and more behavioral and educational problems
- ◆ Unmarried mothers and their children (regardless of race) are the most likely population segment to live in poverty

# Triangular Theory of Love

- ◆ In 1986, psychologist Robert Sternberg proposed three components of interpersonal relationships:
  - Passion – Romance, physical attraction, and sexual consummation
  - Intimacy – Emotional feelings of closeness, connectedness, and bondedness
  - Commitment – Cognitive decision to remain in a long term relationship

# Passion

- ◆ This is the feeling of being physically attracted to your partner and having the desire to express it sexually. It doesn't mean that you have to express your passion sexually, but usually some physical desire is present. Passion is that feeling of always wanting to be near your partner and always thinking about your partner. Passion usually characterizes the first stages of a relationship.
- ◆ If there is only passion, you have infatuation or lust.

# Intimacy

- ◆ This is the part of love that makes you feel close to your partner. It involves feelings of trust, security, and self-disclosure. It usually develops over time as people get to know each other better. Intimacy makes you feel comfortable talking to your partner and opening up to him or her.
- ◆ If there is only intimacy, you have friendship.

# Commitment

- ◆ This is the decision you make to be loyal and faithful to your partner in many ways. It involves openly and honestly deciding that you both want to strive to have a satisfying and lasting relationship. This involves planning for the future, working out problems, and consciously not doing things that you think would hurt your partner.
- ◆ If there is only commitment, you have empty love.



**Intimacy**  
(Liking –  
intimacy alone)

**Romantic love**  
(Intimacy + passion)

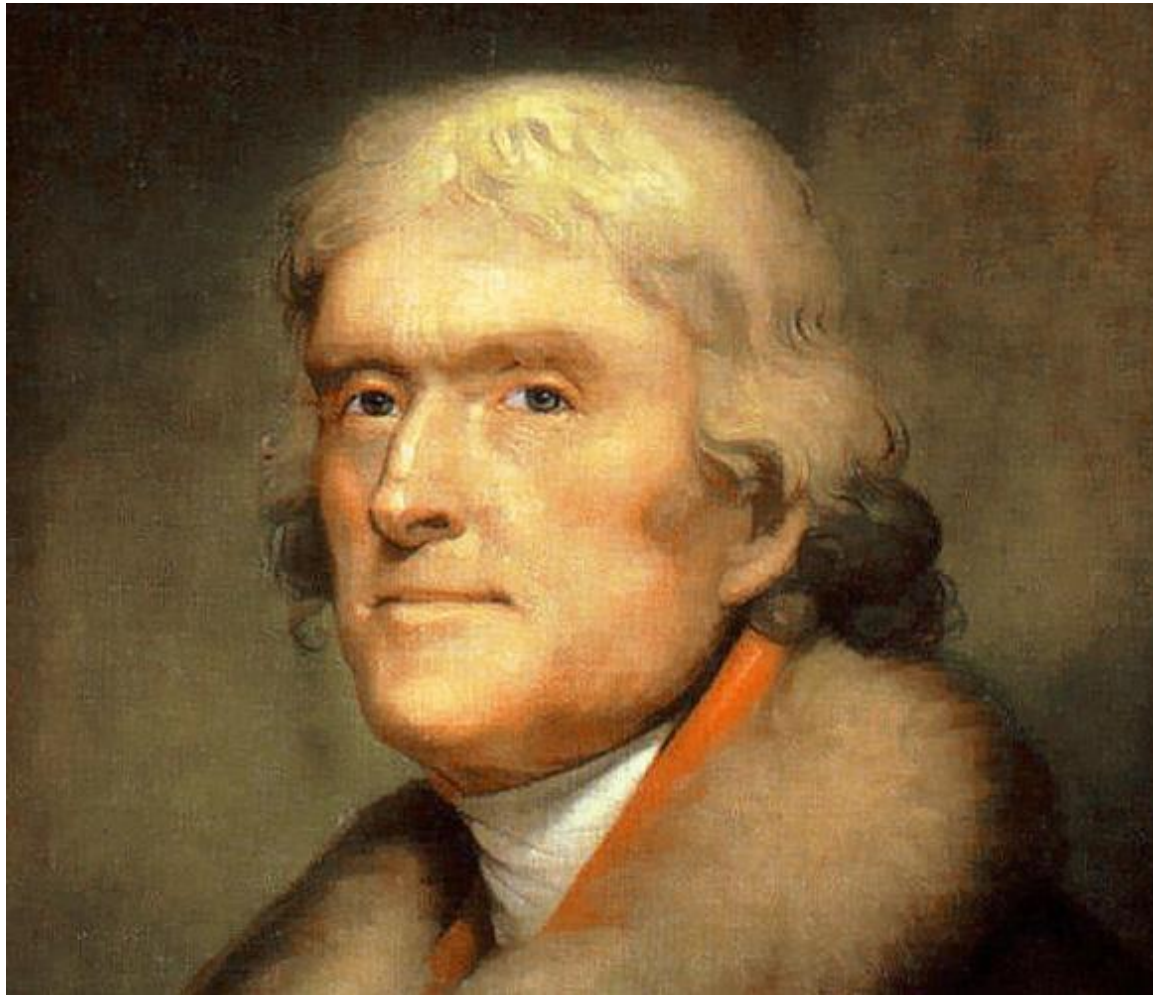
**Companionate love**  
(Intimacy + commitment)

**Consummate love**  
(Intimacy +  
passion +  
commitment)

**Passion**  
(Infatuation –  
passion alone)

**Fatuous love**  
(Passion + commitment)

**Commitment**  
(Empty love –  
commitment alone)



In 1786 Thomas Jefferson wrote a letter that is now called,  
“The Dialogue of the Head vs. the Heart”

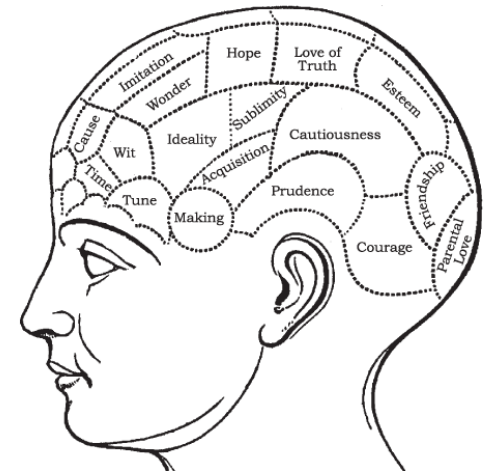
# Heart

*“I am indeed the most wretched of all earthly beings. Overwhelmed with grief, every fibre of my frame distended beyond its natural powers to bear, I would willingly meet whatever catastrophe should leave me no more to feel or to fear.”*



# Head

*“These are the eternal consequences of your warmth & precipitation. This is one of the scrapes into which you are ever leading us. You confess your follies indeed; but still you hug & cherish them; & no reformation can be hoped, where there is no repentance.”*





Stated another way, perhaps the Head is saying to the Heart, *"This is another fine mess you've got us into."*

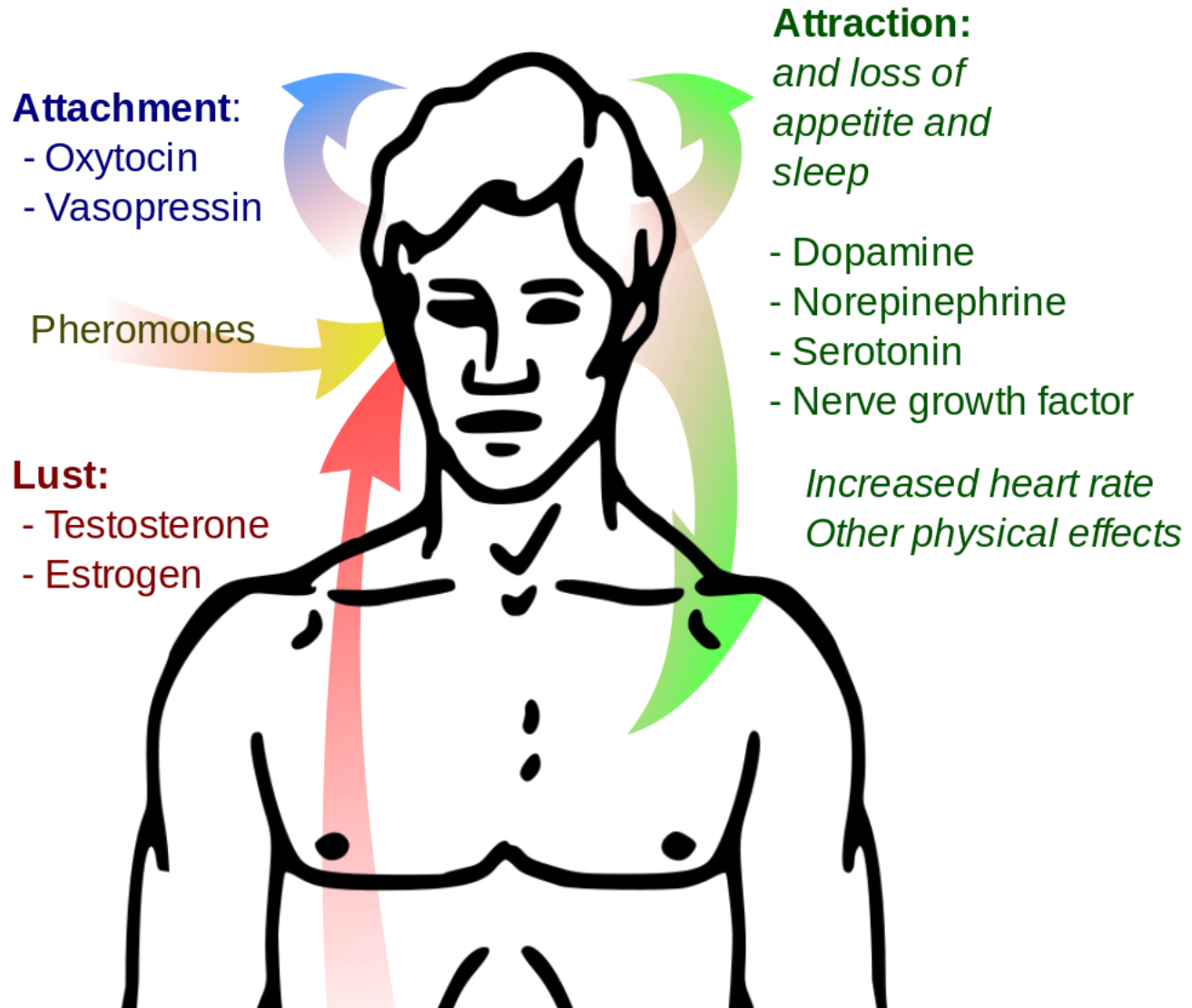
# Body – Mind – Spirit

## ◆ Passionate Love

- Intense longing for the person
- Physiological arousal
- Emotionally volatile
- Sexual attraction
- Struck by Cupid's arrow
- “Love at first sight”
- Physical appearance plays a strong role \*



# Chemical Basis of LOVE

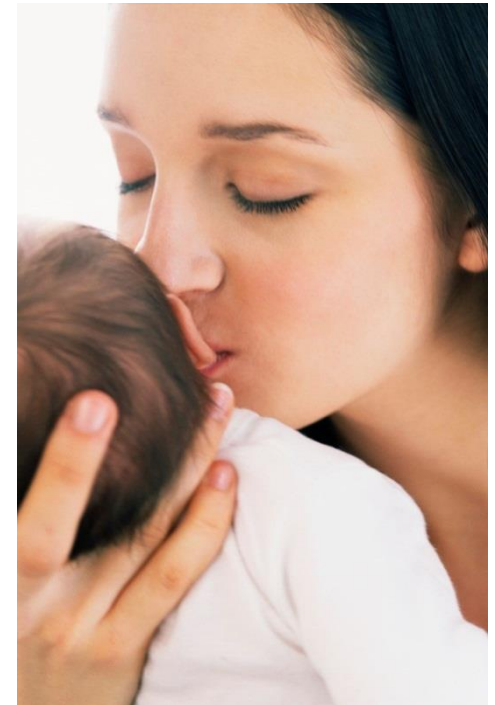




# Body – Mind – Spirit

## ◆ Companionate Love

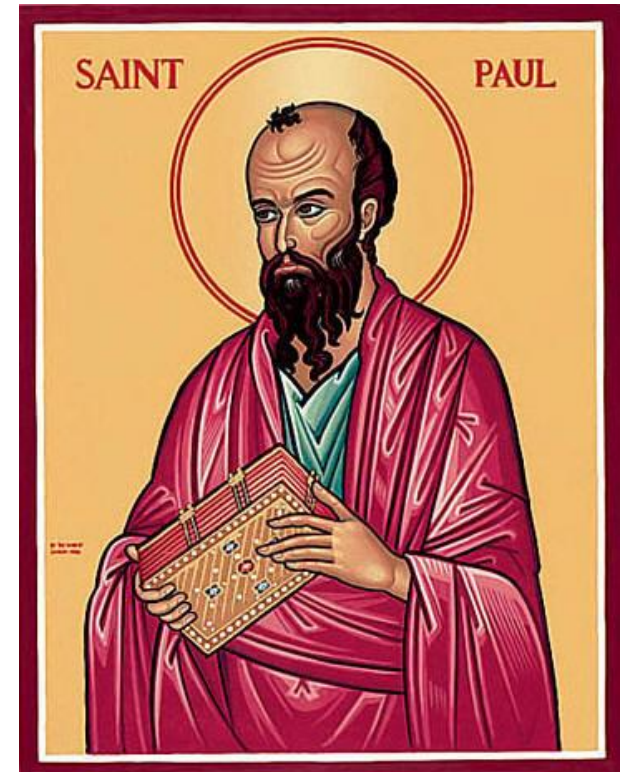
- Feelings of mutual respect and trust
- Often found in good friendships
- Less emotionally volatile
- Platonic, Non-sexual
- Familial love
- Love of a parent for their child



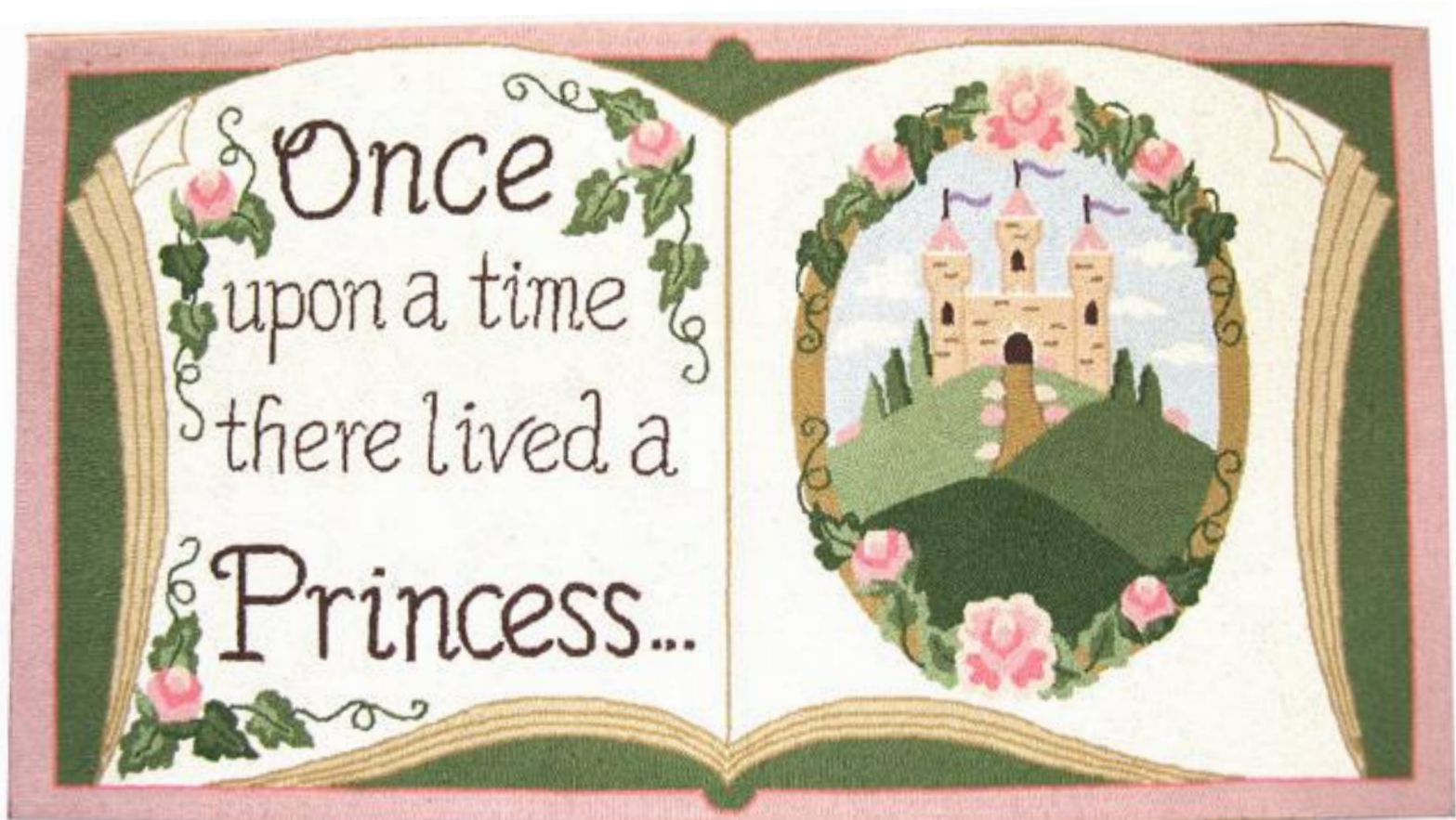


# Body – Mind – Spirit

- ◆ Spiritual Love – Agape
  - Divine, self-sacrificing love
  - Brotherly love
  - No concern for reward or personal gain
  - Want the best for the other person
  - Loving Service is My First Technique



Sometimes fairy tales do come true, however



Life does not usually give you a Storybook outcome

Be careful what you wish for,



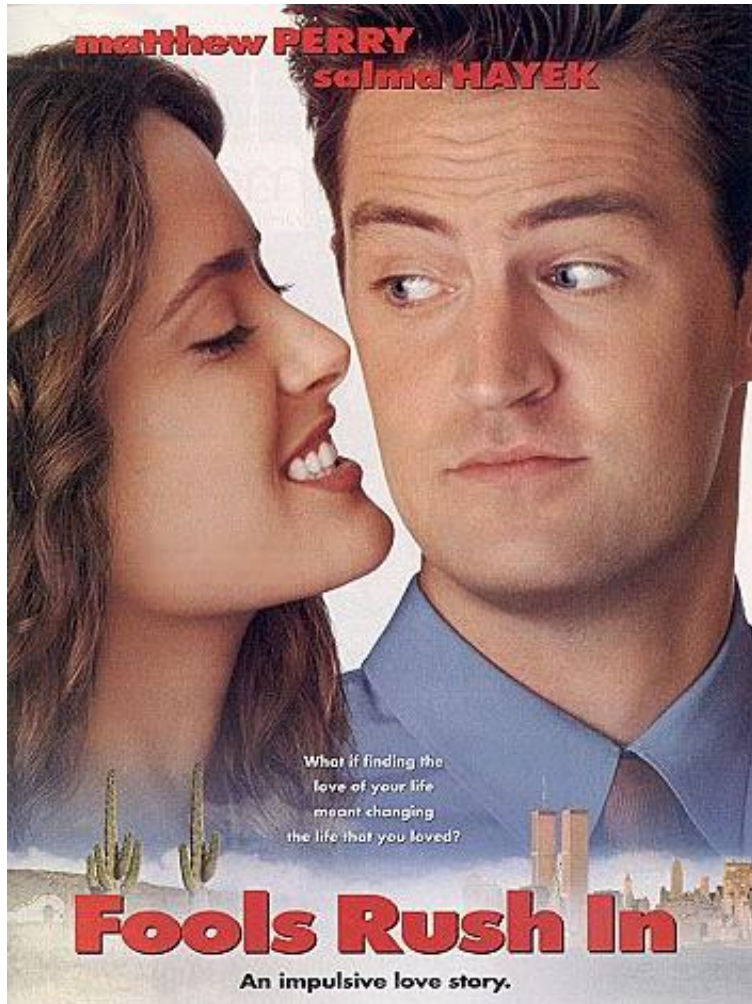
Sometimes a Frog is still a Frog



Even the Most Beautiful Rose Has Thorns



# Casual Sex



- ◆ Before you hook up for a one night stand, ask yourself, *“Can I see myself spending the rest of my life with this person?”*
- ◆ If your protection fails and you have a child, even if you don’t get married, you are connected to that person for the rest of your life.

# Life is About the Choices We Make

- ◆ There may be times when an individual is an innocent victim of circumstances over which he or she has no control.
- ◆ However we should always ask ourselves,  
*“Did I have any role in creating the circumstances which now befall me?”*
- ◆ Everyone makes mistakes. The true test of character is how you react once you make the mistake.
- ◆ Learn from your mistakes and try not to repeat them. Forgive yourself, but take responsibility for your actions.



*Love does not consist in gazing at each other, but in looking outward together in the same direction*